

Essential

MARBELLA | MÁLAGA | SPAIN

N° 303 — FEBRUARY 2025



**SPOTLIGHT
ON PORTO**

JAGUAR TYPE 00

**TOP MUSICALS
OF ALL TIME**

**PRECIOUS
BENALUS**

**THE WHITC
IN MARBELLA**

**ROBERT
PATTINSON**

Happy Valentine's!

ZOCO HOME

VILLA TRANSFORMATION



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Marbesa: High-end contemporary villa with stunning sea views in a prestigious beachside location. 4 beds, 4 baths, built area approx. 331 m², plot approx. 1,003 m². Price: €3,375,000, E&V ID: W-02WRKH



Nagüeles: Extraordinary villa, 10-min walk to the beach, boasting a harmonious blend of contemporary elegance and boho-chic design . 5 beds, 7 baths, built area approx. 871 m², plot approx. 1,251 m². Price: €5,870,000, E&V ID: W-02WAMO



Golden Mile: State-of-the-art penthouse in Precious Benalús with breathtaking views and walking distance to the beach. 3 beds, 3 baths, interior area approx. 142 m², terrace approx. 270 m². Price: €3,975,000, E&V ID W-02XXG9



San Pedro Beach: Exceptional south-facing villa designed with the latest cutting-edge features, just 250 metres from the beach. 5 beds, 6 baths, built approx. 670 m², plot approx. 598 m². Price €2,950,000, E&V ID W-02U0ZM



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La Zagaleta: This magnificent villa in Europe's most exclusive country club offers unparalleled views of the sea, valley, and mountains. Elegantly designed with spacious living areas, this luxurious home features cutting-edge amenities such as a sensational Spa with heated indoor pool, a fully equipped gym, an entertainment room, bar, wine cellar and a self-contained guest apartment. 6 beds, 8 baths, built area approx. 1,315 m², plot approx. 5,394 m². Price: €11,600,000, E&V ID: W-02Y7AK



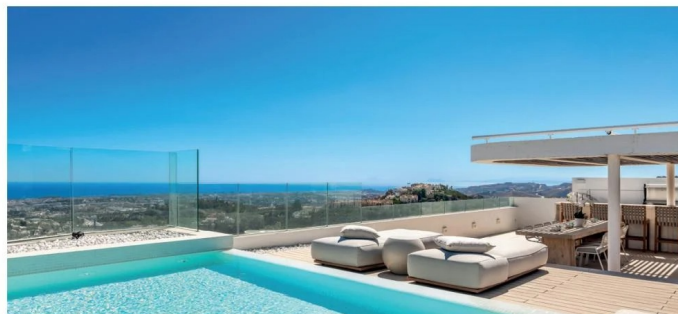
Los Flamingos Golf: An extraordinary cutting-edge villa affording breathtaking views in an exclusive golf community. 5 beds, 6 baths, built area approx. 890 m², plot approx. 1,420 m². Price €5,700,000, E&V ID W-02XLZN



Elviria: A beautifully modernised villa with luxurious amenities close to the golf course and the beach. 5 beds, 5 baths, built area approx. 460 m², plot approx. 1,100 m². Price: €2,500,000, E&V ID W-02W8CK



Paraíso Alto: Beautifully designed modern villa in a gated community boasting impressive panoramic views. 4 beds, 5 baths, built approx. 591 m², plot approx. 822 m². Price €2,950,000, E&V ID W-02W2AS



La Quinta: Exceptional penthouse with unrivalled views and private pool within the exclusive gated community of The View. 3 beds, 3 baths, living area approx. 186 m², terraces approx. 281 m². Price €3,495,000, E&V ID W-02WBRF



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PUBLISHER

LOVE THE LIFE YOU ARE LIVING

As February is the shortest month of the year, compensate by living life more fully.

To help you do this, delve into these pages of **essential**, which are full of content to enhance your wellbeing.

How about planning a trip to Unesco World Heritage Site, Porto? To inspire you in this direction, check out our features on the timeless city, its legendary hotel, The Yeatman, and a famous figure with a lasting legacy from the world of Port wine.

Pamper yourself by planning to go and see one of the best musicals of all time. Infuse your home with the seductive scents of a luxury candle. Sit back and take in a major movie or an enthralling series.

Become acquainted with Robert Pattinson,

meet the founder of DM Properties, Diana Morales, and get to know Iris Arbel, a champion of healthy eating on the Coast.

Be inspired by Zoco Home's transformation of a country villa, and take a look at Precious Benalus, a lifestyle masterpiece in the heart of Marbella's Golden Mile.

Read about London's Workspace Design Show, and find out what the World Health Tourism Congress, coming to Marbella this month, will encompass.

Finally, reserve a tasting menu at Michelin-starred restaurant José Carlos García, beautifully located in the port of Málaga.

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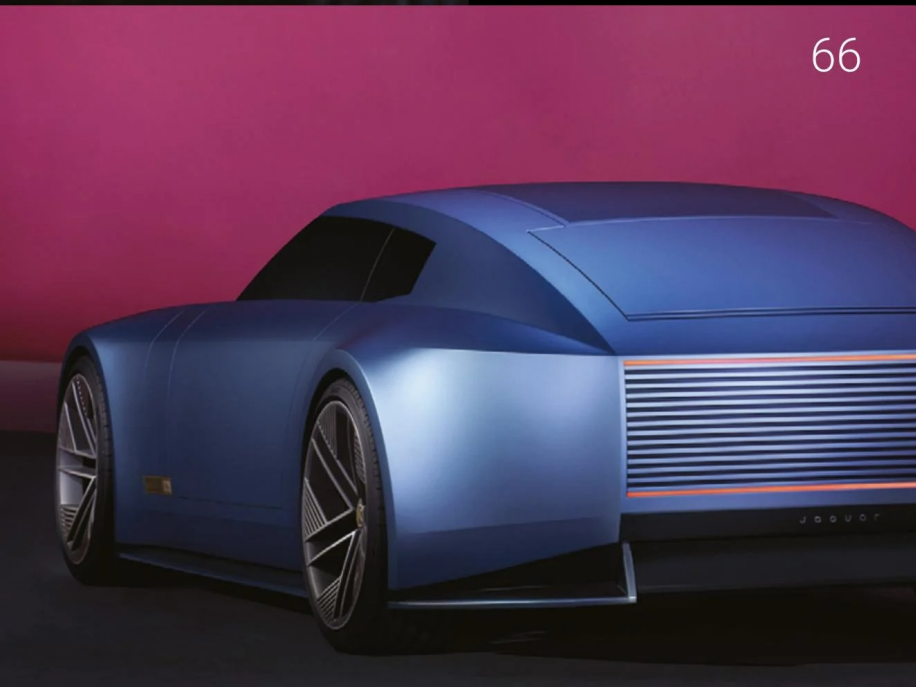
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"NOT LIFE, BUT
GOOD LIFE, IS
TO BE CHIEFLY
VALUED" *Socrates*

140



66



THE SKY

Marbella

On top of La Quinta in Benahavis, on the southern edge of El Madronal, The Sky Marbella was designed according to the highest level of luxury living trends, as an endless dialogue between home, the sky and the sea.

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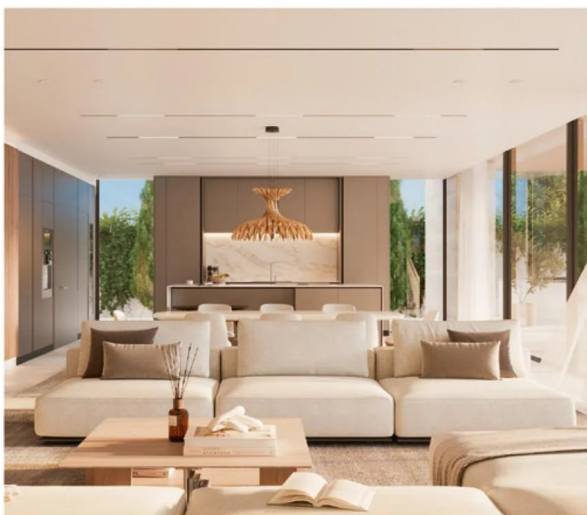
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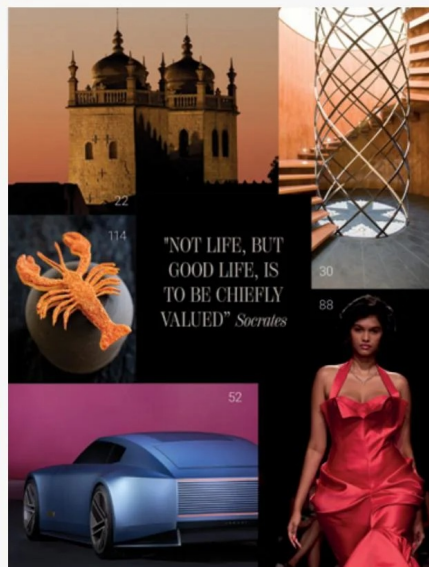


ABOVE EVERYTHING ELSE



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Plan a visit to Porto, a World Heritage Site located on the Douro River estuary in northern Portugal and stay in one of its legendary hotels, The Yeatman. Set the mood with a selection of the best musicals of all time. Preview the WHTC coming to Marbella this month. Meet Robert Pattinson who, at only 38, is already more than two decades into his acting career.

spotlight

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WORDS JENNIFER PELEGRIN

PORTO

THE TIMELESS CITY

Nestled along the Douro River in northern Portugal, Porto, or Oporto as it is sometimes called, is a city that effortlessly marries the past and the present. Known for its rich history, vibrant culture, stunning architecture, and world-renowned wine, Porto has become a beacon for travellers seeking a truly authentic European experience. Whether you're strolling through its ancient streets, marvelling at its artistic traditions, or indulging in its gastronomic delights, Porto offers an unforgettable journey through time and taste.

Porto Skyline with the Douro River

A GLIMPSE INTO HISTORY

Porto's story dates back to pre-Roman times, with its name derived from 'Portus Cale', which later influenced the name of the entire country, Portugal. During the Roman era, the settlement was an important commercial hub, a legacy that has persisted throughout the centuries. In the Middle Ages, with its strategic location on the Douro River estuary, close to the Atlantic Ocean, Porto flourished as a centre for trade and shipbuilding, laying the foundation for its maritime heritage.

The city's significance grew during the Age of Exploration, when Portuguese explorers set sail to discover new worlds. Porto's close ties with England, dating back to the Methuen Treaty of 1703, also played a pivotal role in shaping its economy and culture, especially through the export of its famed Port wine.

Today, Porto is a UNESCO World Heritage Site, celebrated for its well-preserved historic centre, which reflects centuries of architectural and cultural evolution. ›



TRADITIONS AND CULTURE

Porto's traditions are deeply rooted in its rich and colourful past, offering a vibrant window into the soul of the city. One of the most iconic events is the São João Festival, celebrated every June 23rd. This lively tradition fills the streets with music, dancing, and fireworks, as locals partake in quirky

customs like tapping each other with plastic hammers and releasing illuminated paper lanterns into the night sky. Bonfires and street barbecues, where sardines are grilled to perfection, bring people together, filling the air with a sense of camaraderie and celebration.

Art and craftsmanship are also integral to Porto's identity. The city's azulejos,

or hand-painted ceramic tiles, transform buildings like São Bento Railway Station into works of art. These tiles depict everything from historical events to religious themes, creating a unique form of storytelling that blends culture with artistic expression. Porto's streets are a canvas for creativity, as even humble homes and public fountains are adorned with these striking tiles. ›

Captivating Aerial Landscape
of Foz Do Douro Beach and
Ocean, Porto

THE ESSENCE OF ITALY IN THE HEART OF MARBELLA



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Blue tricycle tuk tuk waiting for tourists on the street of Porto



Music and dance thrive as well, with intimate fado performances providing soulful melodies and lively folk dances like the vira and corridinho energising festivals. Porto's rich craftsmanship extends beyond art to its production of intricate filigree jewellery, a tradition of fine metalwork that reflects the city's artisanal heritage, and the Rabelo boats, once essential for transporting Port wine casks along the Douro River. These enduring traditions connect the city's vibrant present with its storied past, weaving a tapestry of culture that invites visitors to immerse themselves in Porto's spirit.



Traditional aged wooden barrels

The colourful Prince Henry Square and Gardens (Jardim do Infante Dom Henrique) and Stock Exchange Palace (Palacio da Bolsa), a national monument and Unesco Heritage





Sunset skyline of Porto

WHAT TO SEE AND DO

A trip to Porto is a feast for the senses, offering an array of sights and experiences that cater to all interests.

1. RIBEIRA DISTRICT: THE VIBRANT HEART OF PORTO

Start your journey in Ribeira, Porto's historic centre. This riverside quarter is a maze of narrow cobbled streets, colourful houses, and bustling cafes. Take a leisurely walk along

the Douro River or hop on a boat tour to enjoy picturesque views of the city's skyline.

2. LIVRARIA LELLO: A BOOK LOVER'S DREAM

For book lovers and architecture enthusiasts, Livraria Lello is a must-visit. Often cited as one of the most beautiful bookstores in the world, its neo-Gothic interiors, stained glass ceiling, and iconic staircase are simply breathtaking. >



Porto District, Casa De Musica



Burmester port wine cellar with wooden barrels

3. CLÉRIGOS TOWER: PANORAMIC VIEWS OF THE CITY

Climb the 240 steps of the Clérigos Tower for panoramic views of Porto. This Baroque landmark, designed by Italian architect

Nicolau Nasoni, is one of the city's most recognisable symbols.

4. PALÁCIO DA BOLSA: A GLIMPSE OF PORTO'S OPULENCE

The Palácio da Bolsa (Stock Exchange Palace) is a masterpiece of 19th-century architecture. Its opulent interiors, including the stunning Arabian Room, reflect the wealth and prestige of Porto's merchant class.

5. PORT WINE CELLARS: A TASTE OF TRADITION

Cross the iconic Dom Luís I

Bridge to Vila Nova de Gaia, home to Porto's famous Port wine cellars. Here, you can learn about the history and production of this fortified wine, followed by a tasting session.

6. FOZ DO DOURO: WHERE THE RIVER MEETS THE SEA

For a change of pace, head to Foz do Douro, where the Douro River meets the Atlantic Ocean. This serene area boasts scenic promenades, beaches, and excellent seafood restaurants. ›



Beautiful and tranquil landscape of the valley of the Douro river

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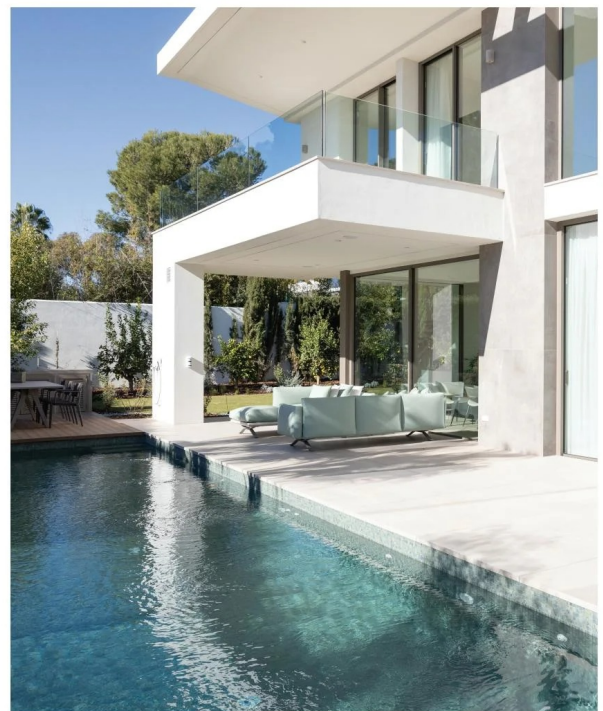
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Traditional Portuguese dishes, The Francesinha and Tripas à Moda do Porto

GASTRONOMY: A CULINARY DELIGHT

Porto's gastronomy is a rich tapestry of flavours, deeply influenced by the city's history, geography, and traditions. From hearty dishes that reflect its maritime and mercantile heritage to sweet and savoury treats that have stood the test of time, Porto's cuisine is a celebration of regional ingredients and culinary artistry.

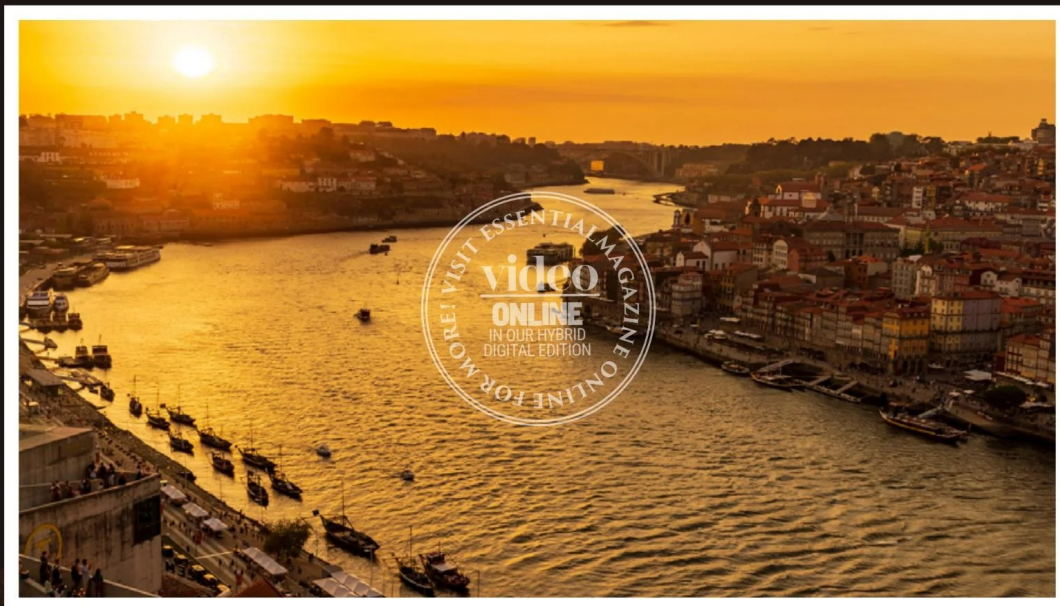
A quintessential dish of Porto is the Francesinha, a decadent and indulgent sandwich that has achieved legendary status among locals and visitors alike. Meaning 'little French girl', this creation is anything but small. Layered with cured meats, steak, and sausage, then topped

with melted cheese, it is drenched in a luscious tomato and beer-based sauce. Often accompanied by crispy French fries, the Francesinha is both comforting and bold — a true embodiment of Porto's robust culinary spirit.

No discussion of Portuguese cuisine is complete without mentioning bacalhau, or codfish, a beloved staple prepared in countless ways across the country. In Porto, one of the most iconic dishes is Bacalhau à Gomes de Sá, a hearty casserole of flaked cod, tender potatoes, caramelised onions, and black olives, all baked to perfection. This dish, named after its creator, is a comforting blend of flavours that reflects the

city's maritime roots and its love for simple yet satisfying food.

Another deeply traditional dish is Tripas à Moda do Porto, a rich stew of tripe, white beans, sausage, and ham. This dish dates back to the Age of Exploration when Porto's citizens generously donated their prime cuts of meat to sailors, keeping the less desirable parts for themselves. The locals earned the nickname 'Tripeiros' as a mark of this selflessness, and the dish remains a beloved symbol of the city's resilience and generosity. ›



Livraria Lello bookstore

While savoury dishes dominate Porto's culinary landscape, its sweet offerings are equally enticing. A favourite treat found in bakeries throughout the city is the Pastel de Nata, a creamy custard tart with a perfectly caramelised crust. Though not exclusive to Porto, these tarts

pair beautifully with a strong espresso, making them an irresistible mid-day indulgence or a satisfying dessert.

Finally, no meal in Porto is complete without a glass of its world-famous Port wine. Produced in the nearby Douro Valley and aged in cellars in

Vila Nova de Gaia, this fortified wine is available in a variety of styles, from the youthful and fruity ruby to the nutty and complex tawny. For those seeking a special experience, vintage Ports offer a rare taste of perfection. Whether enjoyed as an aperitif, paired





Torre dos Clérigos



Chapel Of Souls. Typical Portuguese architecture and blue motif tiles

with cheese or dessert, or savoured on its own, Port wine embodies the essence of Porto's winemaking tradition and its enduring connection to the land.

Porto's culinary scene is more than just a feast for the palate; it is a journey into the heart of the city's culture and history. Each dish tells a story, each flavour carries a memory, and every meal becomes an opportunity to connect with the spirit of this remarkable city. Whether you're indulging in a Francesinha, savouring a bowl of Bacalhau à Gomes de Sá, or raising a glass of Port wine by the Douro River, Porto's gastronomy is a delicious way to experience its soul. ›

THE SPIRIT OF PORTO

Porto's charm is in its contrasts — a city where ancient traditions coexist with modern creativity. Its cobblestone streets hum with history, yet its art galleries and innovative cuisine speak to a forward-moving spirit. This dynamic blend makes Porto not just a destination but a living, breathing experience that captivates all who visit.

The city's vibrancy is matched by the warmth of its people, who welcome visitors with open arms and share their stories with pride. In Porto, connections run deep, whether it's through a shared meal of

Francesinha at a local café, a heartfelt fado melody drifting through a tavern, or the convivial atmosphere of a festival. Every interaction adds another layer to the city's undeniable magic.

From the iconic Dom Luís I Bridge to the contemporary cultural spaces redefining its neighbourhoods, Porto offers something for every traveller. Its energy is palpable, and its allure is

timeless, leaving an indelible mark on all who wander its streets.

As you explore this extraordinary city, you'll discover that Porto isn't just a place to visit — it's a place to feel, to taste, and to remember. So set your sights on Porto and let its unique rhythm and enduring spirit sweep you off your feet. 



Antique retro tram on the rails

Port wine cellar in Vila Nova de Gaia

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THE YEATMAN

DEFINING A DESTINATION

WORDS **MARISA CUTILLAS** PHOTOGRAPHY COURTESY OF **THE YEATMAN**

Porto, a UNESCO World Heritage Site, is undoubtedly one of Europe's most beautiful cities, boasting a deep historical and cultural significance that is difficult to rival. The city is strategically located at the mouth of the Douro River and has been a

vital maritime and commercial hub since Roman times. It boasts a remarkable collection of historical buildings with a wide array of influences ranging from the Romanesque and Manueline to Neoclassical styles. It is also home to a great classical hotel that provides an authentic and memorable sense of place: The Yeatman,

which boasts breathtaking views of the Douro River and the historic city centre. The Hotel is graced with authentic, original details, such as traditional Portuguese tiles and themed corridors, which highlight the history of the city of Porto and Portuguese wine and provide character and a sense of place.

STUNNINGLY DESIGNED ROOMS AND SUITES

The Hotel, a member of the renowned Relais & Châteaux Association, boasts 109 elegant, spacious rooms and suites, all with their own balconies and terraces overlooking the picturesque city centre. They are designed in an understated classic style and discreetly themed with artefacts and pictures contributed by a well-known Portuguese wine producer. The large, airy marble bathrooms feature premium amenities, and their traditional louvred shutters can be opened to romantic views of

the city. There are four main categories to choose from: Executive Rooms (of which there are 15), Superior Rooms (32), Superior Deluxe Rooms (42), and Suites (20).

Among the suites, four are standard, ten are Deluxe, three are Master, and three are signature suites: The Artist's Suite, The Bacchus Suite, and The Presidential Suite. All rooms have an entertainment centre with an LCD TV, writing desks, private bars, in-room safes, dual-line telephones, complimentary standard Internet access, and a choice of books about Portugal,



travel, and wine.

The Bacchus Suite, named after the Roman god of wine, is the jewel in The Yeatman's crown. It has a spacious, open-plan design and measures a total of 150m². It extends onto a furnished conservatory with a fireplace and a private exterior terrace. Some of its most distinguishing features include its wooden flooring,

round copper bathtub, freestanding fireplace, and large rotating bed. The conservatory features a further fireplace, providing the perfect scenario for a meal and opening onto a large exterior terrace with a small fountain and sunbeds. Speaking of originality, the Presidential Suite's gorgeous master bed is carved into a large, masterfully crafted wooden Port barrel. >





DELECTABLE GASTRONOMY

The Gastronomic Restaurant at The Yeatman was awarded its first Michelin star in 2012 and its second (which it has since retained) in 2017. Under the guidance of award-winning Chef Ricardo Costa, it offers imaginative cuisine that interprets and presents the traditional flavours of Portugal with contemporary flair. It accentuates fresh,

seasonal produce, showcasing Portugal's huge range of fish and numerous regional specialities. Food and wine pairing is key: and when choosing the wine supplement, the Chef's Gastronomic Tasting Menu allows guests to discover a wealth of matching and contrasting flavours, taking them on a journey through Portugal's diverse wine regions.

The Hotel is home to Dick's

Bar & Bistro, a relaxed spot where guests can enjoy light meals, grilled meat, and appetisers, as well as a wide choice of cocktails and a selection of wines by the bottle or glass. They can also book a Wine Flight Tasting, featuring three Portuguese wines with appetisers, served in the Bar or Library, which boasts an extensive book collection. Live music is played at the bar in the evenings. ›



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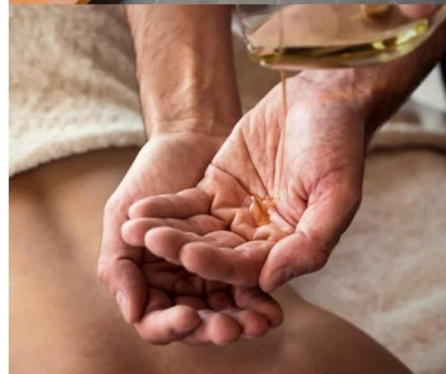
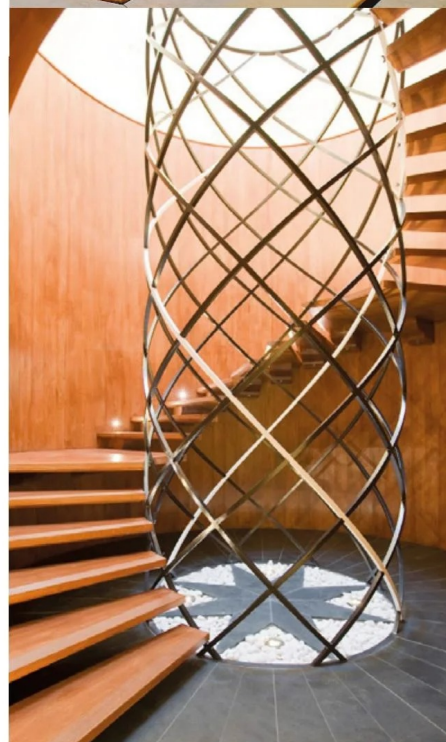


THE YEATMAN WINE SPA

Another highlight of the Hotel is its 2,000m² spa, with its beautiful naturally-lit treatment rooms, private changing areas, and scenic relaxation room with panoramic views. There are a host of face and body treatments, including barrel bath immersions and relaxing massages. The Yeatman Spa works with renowned brands Natura Bissé (mainly for facials), Vinoble Cosmetics (massages and treatments using grape extracts), and Ilá (a holistic concept).

WINE CONCEPT

The Hotel is home to an impressive collection of Portuguese wines, with over 30,000 bottles stored in its wine cellar and over 1,300 references (including an unparalleled choice of vintage and wood-aged Ports from the very best Port houses). Guests can enjoy a varied programme of events, services, and wine activities, including regular wine tastings and weekly wine dinners featuring the presence of top Portuguese wine producers and personalities from Portugal and beyond. Private wine dinners can also be organised.





The Yeatman is also an exciting meetings and conference destination, with a wide choice of rooms and facilities for private and corporate events. It is additionally famed for its commitment to sustainability, having incorporated many features to dramatically reduce its environmental impact – including solar panels, a rain harvesting system, and low-energy lighting. It is a haven for local birds and plants, and its extensive gardens are one of the few green areas in the historic city centre. 🌿



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The enormous box office success of the recently launched film, *Wicked*, comes as no surprise to lovers of musical theatre. Classics like *Wicked* move big amounts of money on Broadway and the West End. For instance, for the 2023-2024 Broadway season, the total gross revenue for Broadway shows (including plays, musicals, and special engagements) was €1.45 billion. That's well over a billion euros! Those who love nothing more than dressing up and heading to the theatre will tell you that musicals offer a unique form of emotional experience that goes beyond traditional storytelling. They create a multisensory experience with beautiful songs, appealing characters, and psychological escape from life's daily stressors. If you're thinking of catching a musical for the first time, we suggest one of the following all-time greats.



MUSICALS

OF A LIFETIME

WORDS **MARISA CUTILLAS**

WICKED

Let's start with the musical that's on everyone's lips at the moment, thanks in no small part to the masterpiece-level film by Jon M. Chu starring Cynthia Erivo and Ariana Grande. The idea for the musical began in 1996 when composer, Stephen Schwartz decided to create a musical based on Gregory Maguire's novel *Wicked: The Life and Times of the Wicked Witch of the West*. The story centred on the unique rivalry and friendship between the Barbie-like witch, Glinda, and the more mysterious and powerful witch, Elphaba. The musical turns *The Wizard of Oz* on its head, portraying Elphaba as a kind yet deeply misunderstood character. The musical has some of the most memorable songs of all time, including *Defying Gravity*, sung by Elphaba. The current screen version is simply magnificent, but it is also hair-raising to think that the first-ever full production of the show (in May, 2003) starred two of the greatest actors in the world of theatre: Idina Menzel (as Elphaba) and Kristin Chenoweth (as Glinda). >





WEST SIDE STORY

This musical may have a long history, but it has a timeless appeal since the social issues it brings forth (including social and racial clashes) continue to make headlines today. The musical delves into the tensions between two rival gangs in New York City: the Jets (composed of white Americans) and the Sharks (made up of Puerto Rican immigrants), who clash over territory, cultural differences, and racial prejudice. However, the musical is also a reinterpretation of Shakespeare's *Romeo and Juliet*, with Tony (a Jet) and Maria (sister to Bernardo, the leader of the Sharks) representing the destructive power of racism. West Side Story premiered on the stage in

1957 but may associate this musical with the iconic 1961 film starring Natalie Wood, Rita Moreno as Anita, and Richard Beymer as Tony. While this film is undoubtedly a classic, we recommend that you catch the 2021 film adaptation by Steven Spielberg, which is incredibly vibrant and fresh! ›





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PHANTOM OF THE OPERA

This musical has an enduring appeal worldwide, with audiences fascinated by the 'impossible' love story between Christine (a young, talented soprano) and The Phantom (a disfigured musical genius). Its popularity is not surprising; it was penned by one of theatre's all-time greats: Andrew Lloyd Webber, and based on Gaston Leroux's 1910 novel. It debuted in 1986 at Her Majesty's Theatre in London and featured iconic actors such as Michael Crawford (playing the Phantom), Sarah Brightman (as Christine), and Steve Barton (as Raoul). It features a host of memorable songs such as *The Phantom of the Opera*, *Music of the Night*, and *All I Ask of You*. In 1988, it made its Broadway debut. *The*

Phantom of the Opera won a whopping seven Tony Awards in 1988, including Best Musical. With total estimated worldwide earnings exceeding €6.4 billion and a total Broadway gross of approximately €1 billion, it was the most financially successful entertainment event until *The Lion King* surpassed it in 2014.

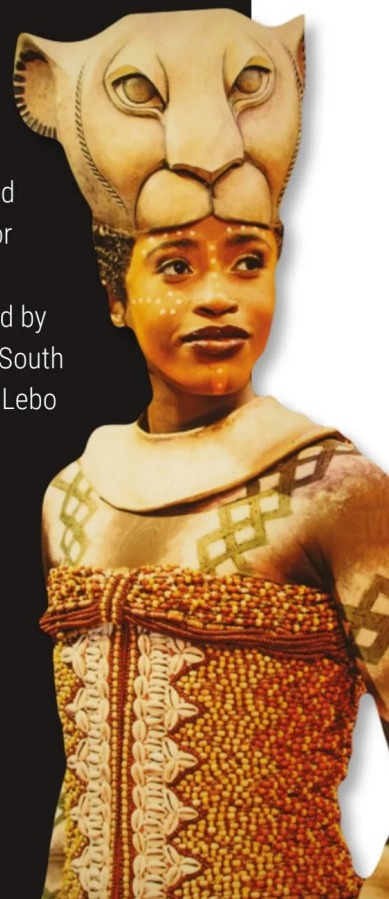
THE LION KING

Speaking of *The Lion King*, did you know that it's currently playing at the stunning Teatro López de Vega in Madrid? If you've yet to see it, we recommend catching the AVE to Madrid to take in this one-in-a-million show. *The Lion King* tells the emotion-packed story of Simba, a young lion prince, as he grapples with his destiny to take his place as king after his father, Mufasa, is killed.

The story is considered to be a reinterpretation of Shakespeare's *Hamlet*, since Simba is a young prince seeking to avenge his father while battling betrayal and self-doubt.

The Lion King premiered on the big screen in 1994 as an animated film featuring iconic songs like *Circle of Life* and *Hakuna Matata*. It became a musical in 1997, premiering in Minneapolis, Minnesota as a pre-broadway tryout and debuting on Broadway in 1997. The musical was adapted for the stage by director and designer Julie Taymor, who reimagined the story using innovative puppetry, elaborate masks, and decorative elements based on African aesthetics.

Elton John and Tim Rice composed the iconic songs for the film. Additional music was provided by Hans Zimmer and South African composer, Lebo M, who brought authentic African rhythms to the now-iconic soundtrack. *The Lion King* has grossed €7.92 billion worldwide.



LES MISÉRABLES

Les Misérables, known in the musical world as *Les Mis*, is a sung-through musical based on Victor Hugo's 1862 novel of the same name. The musical was originally written and performed in French, premiering in Paris in 1980 for a brief three-month run. In 1983, producer Cameron Mackintosh heard a recording of the concept album and decided to create an English-language version. Working with the Royal Shakespeare Company, Mackintosh developed the current version of the musical, which debuted in 1985 at the Barbican Centre in London. It was so successful that it was soon transferred to the Palace Theatre in London's West End, where it began a record-breaking run. The show is the longest-running musical in the West End and one of the top five longest-running musicals in the world. It is almost superfluous to say that the story involves iconic characters like former convict Jean Valjean, relentless inspector Javert, struggling mother Fantine, and the latter's daughter, Cosette, whom Valjean adopts. The story also revolves around a group of young idealists who stage a revolution in Paris.



HAMILTON

Hamilton may not be as big worldwide as *The Lion King* or *Les Mis*, but it has reaped enormous success on Broadway, grossing over €628 million and playing to over two million people on Broadway. Created by acclaimed American songwriter, actor, singer, filmmaker, and rapper, Lin-Manuel Miranda, the musical is based on the biography *Alexander Hamilton*, by Ron Chernow and has won a whopping 11 Tony Awards, including Best Musical and Best Original Score in 2008. Hamilton follows the life of Alexander

Hamilton, an orphaned immigrant from the Caribbean who rose from poverty to become a key Founding Father. *Hamilton* served as the first U.S. Treasury Secretary and played a key role in the American Revolution and early American politics. ›





assigned to cover the 1924 trials of accused murderers Beulah Annan and Belva Gaertner for the *Chicago Tribune*. In 1975, John Kander, Fred Ebb, and Bob Fosse transformed the story into a musical inspired by the vaudeville revue – a popular performance type in the 1920s. The musical emphasises the sensationalised nature of criminal trials in the 1920s. In 2002, it was adapted into an Oscar-winning film starring Renée Zellweger (as Roxie), Catherine Zeta-Jones (as Velma), and Richard Gere (as Billy). The film was directed by Rob Marshall and won six Academy Awards, including Best Picture in 2003 and Best Supporting Actress for Zeta-Jones. ›

CHICAGO

This musical has it all – great music, an exciting plot, and powerful female leads. Set in the 1920s, the musical follows Roxie Hart, a wannabe vaudeville star who murders her lover and is arrested. While completing her sentence in jail, she meets Velma Kelly, another assassin, and they compete for media attention with the help of their scheming lawyer, Billy Flynn. *Chicago* was initially written as a play by journalist Maurine Dallas Watkins, who was





MAMMA MIA!

If you love Meryl Streep, Pierce Brosnan, and Cher, know that it's a 'crime' to have missed the 2008 film adaptation of this amazing musical, which starred these and many more wonderful actors. *Mamma Mia!* is a joyful story of finding true love and best of all, it's set on a romantic Greek island. The story begins when Sophie, a young woman who is engaged to be married, sets out to discover who her biological father is. She invites her three potential fathers to her wedding, and we discover her mother's past through ABBA hits and vibrant choreographies. *Mamma Mia!* originated from a concept by producer Judy Craymer, who pursued the members of ABBA for over a decade to obtain their approval to create a musical using their songs. The band members acceded and the musical premiered in 1999 at the Prince Edward Theatre in London, becoming a global sensation in 50 countries and generating over €4 billion in revenue.



THE BOOK OF MORMON

The Book of Mormon originated in 2003, when *South Park* creators Trey Parker and Matt Stone met with playwright and composer, Robert Lopez (creator of the adult-themed puppet show *Avenue Q* creator). This irreverent production follows two Mormon missionaries, Elder Price and Elder Cunningham, who are sent to a remote Ugandan village to convert locals. The eager young men are challenged by the lack of interest from the locals, who are distracted by serious issues such as HIV/AIDS,

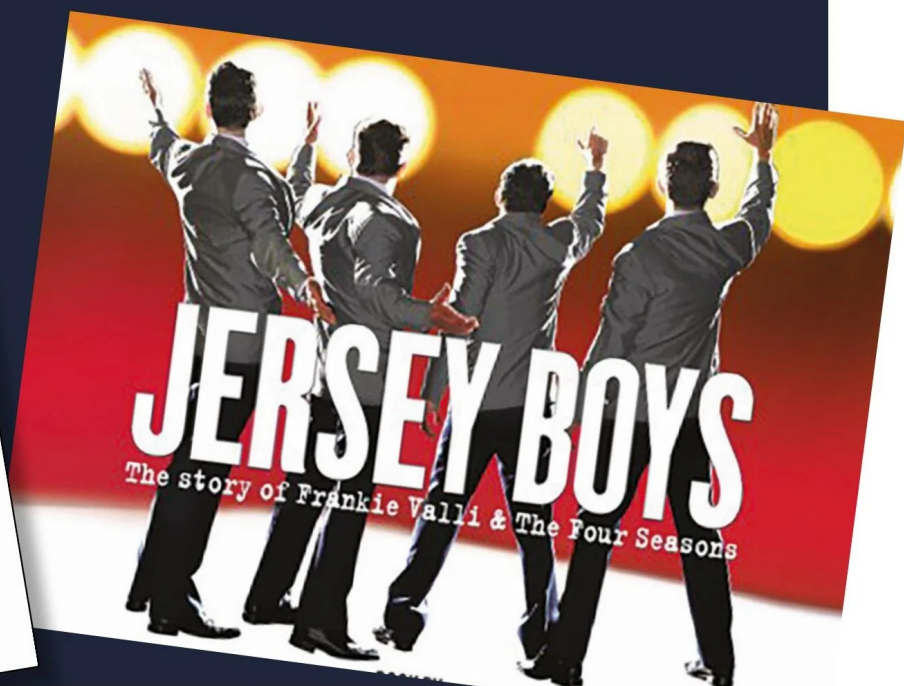
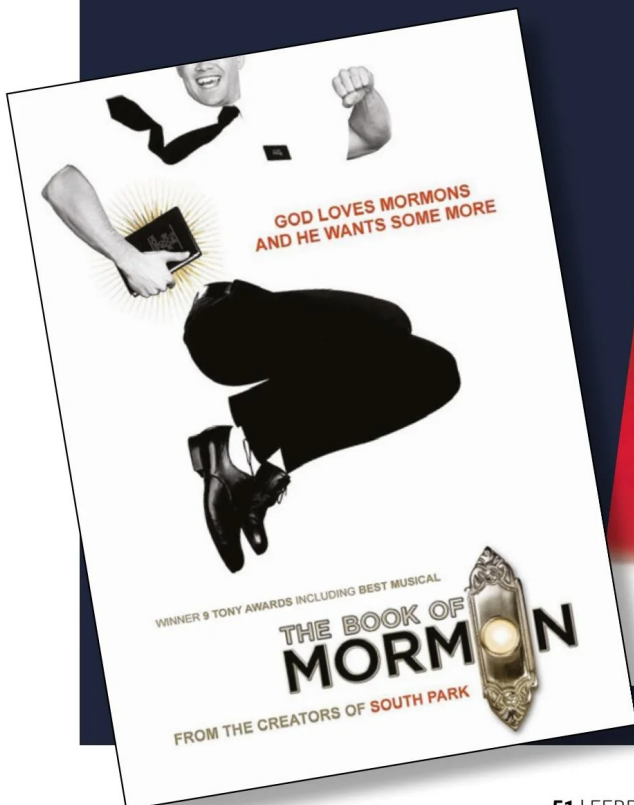
famine, and oppression by the local warlord. It premiered on Broadway at the Eugene O'Neill Theatre in 2011 and quickly became a global sensation, earning almost €1 billion worldwide.

JERSEY BOYS

The magnificent *Jersey Boys* chronicles the rise of Frankie Valli and The Four Seasons, who gave us hit tunes like *Sherry*, *Big Girls Don't Cry*, and *Can't Take My Eyes Off You*. The play is structured into four sections, with each narrated by a different band member. The musical opened on Broadway in 2005, enjoying a record-breaking run and

closing in 2017. It has grossed over €2 billion worldwide and has been enjoyed by over 24 million audience members. The musical has a lovely history, too. It was created by Bob Gaudio, an original Four Seasons Member who was inspired by the success of *Mamma Mia!* and believed that a rock-and-roll musical with existing songs would be a hit. And how right he was!

We hope you enjoyed our list of recommended musicals. There are so many more, so we hope this article inspires you to buy a ticket and book a train or plane to catch one or more of these shows! 🎵



BUILDINGS THAT ARE... SMART

These days everything around us seems to be getting smarter. It started with phones, moved on to televisions, now buildings and soon entire cities will be, well, intelligent. They do this not just by being full of electronic gadgetry but also by going online and connecting to the cloud – keeping them ever-evolving, up to date, flexible, and optimally effective. The gains in efficiency are many, and with AI beginning to show its potential, there's a whole lot more to come.

WORDS MICHEL CRUZ PHOTOGRAPHY ADOBE STOCK & UNSPLASH



Formerly laborious functions can be managed from a single phone



Energy efficiency, comfort, and flexibility of use are at the heart of an intelligent building

We've also come a long way as the builders of structures. Starting out with sticks and stones, we evolved to bricks and built massive edifices out of solid rock and marble before moving on to concrete, steel, and eventually also glass. Electricity was added somewhere along the way, along with the accompanying machinery such as lifts, which were of course invented especially for the ever-taller structures that new materials and construction techniques made possible. By

the middle of the last century, we'd really started scraping the skies with towering glass buildings that left mere humans looking up from the streets feeling small and dazzled. These were the new temples of the corporate age, and their offices in the sky felt like the latest thing, part of a whole new world to come – and they were.

As we glided into a new millennium now almost a quarter of a century ago, advanced electronics began to play a major role, not just in the computers housed within such buildings, but also 'under the skin'. Timers and sensors replaced the need to remember

to switch lights off at night to save huge energy bills. Security cameras became a part of life throughout corporate structures, as were entrance points that granted access only to accredited card-carrying personnel or independent backup power supplies. But there was more to come, and so the building that was for so many millennia an independent entity became increasingly connected to an electronic network that was at first quite local, and now increasingly global. Today's edifices are increasingly smart/intelligent because they are linked to an external super brain. ›



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BRAINS IN THE SKY

So how does being 'smart' affect a building and its operation, and what are the benefits? The truth is that large structures (and small ones for that matter) have always been highly inefficient. Inefficient in terms of security, usage of space, rigidity that limits flexible transformation from one role to another, cost of renovation and adaptation or modernising, as well as of course a huge wastage of energy and resources. The average skyscraper alone is like a small world in itself, and ages, creaks, and uses up as much energy as a small town, wasting much of it. The situation has improved since we've gone more electronic, but it is estimated that even today as much as 30% of the energy consumed

by 'modern' buildings is wasted on inefficient processes – and that's an average figure.

In many cases the loss of resources and money is even greater, especially when buildings are older or haven't been updated sufficiently, and given the sheer number of homes, apartment complexes, offices, resort hotels, hospitals, clinics, factories, schools, colleges, sports and cultural complexes, shopping centres, distribution facilities, and so many more structures dotted all around us, this adds up to a stratospheric amount of money, energy, and potential wasted every day of every year in every corner of the world. Imagine the savings and gains in efficiency if you could bring them all up to speed in one go – that would equate to a massive leap in

economic growth just by itself, with the same output coming from a significantly lower input. That's called efficiency gain (i.e. pure economic growth), and in reality, living, working, and creating in up-to-date buildings would make us so much more productive, effective, and creative that we'd be adding greatly to time, energy, and money saving while also producing more wealth.

WHAT ARE THE ADVANTAGES?

The case in favour of intelligent buildings is thus made, as who would not want greater efficiencies in the usage of energy, space, improved security and comfort, better structural health, lower building and running costs, more advanced facilities, smoother



Advanced materials, operational systems, and electronics make a smart building



Buildings can now be designed to be intelligent



operation, and also a greatly enhanced degree of flexibility in how we use all that expensive space. All of this is even more relevant in an age of environmental and climate alarm, costly and sometimes uncertain energy supplies, as well as corporations in search of ever greater economies and gains.

A smart building does not only incorporate electronic circuits and sensors throughout its very fibre, but it is connected to the great brain out there, the cloud, which is also the source of intelligence of the artificial kind. The sensors produce data readings, process them internally, send and share them with the cloud, and receive updated feedback, and data in return. This keeps them up-to-date and flexible enough to adapt to readings, feedback, and make adjustments along the way, pretty soon in real time. How would all of this be applied, you might ask? Well, up-to-the-minute data exchange and processing can be used to know when best to provide lighting at what level (for greater user comfort and cost/energy savings), how to set climate control systems (adapting to current climate conditions to maintain an efficient use of energy and also create a comfortable environment), how to best manage the power needed for overall operations and computing, how to optimise available bandwidth and internet connectivity, how to prepare the structure for extreme weather conditions, how to run its catering, logistical and other facilities in the most (cost) efficient way, and of course how best to control security, not to mention finding ways to enhance the user experience and create smart rooms that can move, become modular, and change their functionality as required. ›

A building with sensors, real-time digital processing, and IoT connectivity

In practical terms, it means the CEO's office will be lit and comfortably warm/cool when he or she arrives at the usual time, and they can easily forget to switch off the heating and lights when they leave as the 'building' will take care of it for them. It can also mean that logistics movements are planned and choreographed to perfection in warehouses, factories, hospitals, and army facilities, to name a few. The implications for efficiency, greater comfort, productivity, and of course cost savings are huge, and this applies from construction and operation right through to maintenance and updating or renovation. Intelligent Business Management Systems will monitor the health of the structure at all times, knowing that it needs repairing or maintenance before any issue becomes a serious or costly problem. At least, this is the theory but having a 'live' digital twin to model updates, repairs, and if necessary crisis management decisions on is a clear advantage over old building plans.

The buildings of the near future will not only be smarter and work to up-to-date information feeds, but they will also be built to be

modular and flexible in their use. They might even begin to move, like an even scarier version of Transformers, and this is of course where the mind drifts off to the inevitable doomsday scenarios that are associated with sci-fi type smart machines and AI in general. What if the nice building turns against its occupants? Well, it's a problem we won't have to worry about for some time to come. Right now, we can continue to develop intelligent buildings and homes and enjoy the cost-saving comfort and facilities that will begin to transform entire cities, building by building. 





A network of smart buildings and roads creates a smart city

MARBELLA TRADE FAIR AND CONFERENCE CENTRE WORLD HEALTH TOURISM CONGRESS 2025

WORDS MICHEL CRUZ PHOTOGRAPHY COURTESY OF WHTC

THE WORLD HEALTH TOURISM CONGRESS WILL BE HOSTED IN MARBELLA ON THE 17TH AND 18TH OF FEBRUARY – AN OPPORTUNITY TO DISCOVER WHAT IS MOVING ONE OF THE FASTEST GROWING HIGH-END TOURISM SECTORS, WHERE THE CHALLENGES AND OPPORTUNITIES LIE, AND THE ROLE THAT MARBELLA HOLDS AND CAN PLAY WITHIN THIS DYNAMIC ENVIRONMENT.

The impressive opening ceremony





Tamer El Chamaa,
Director WHTC



Key international
decisionmakers



Marbella has established itself as an international reference point in the (luxury) tourist sector. This is a place that draws people to it from around the world, ranging from day visitors to ultra-high net worth guests, homeowners, and investors, yet even those active in the area's tourism industry have a need to be fully up-to-date with what is going on around the world. In other words, in order to maintain and continue to develop the strong position of the local offering, they benefit greatly from interacting with the top international players in the industry's many distinct segments – in this case health tourism.

Compared to other, perhaps longer established parts of the industry, such as conventional summer vacations and golf or sports tourism, the health and medical segment is relatively new and therefore highly

dynamic. It continues to grow rapidly, offers characteristic challenges and opportunities, and also revolves around the highly specific needs of health and medical related travel. Where Marbella was first known for its beaches, its jet-set leisure amenities, golf courses, country clubs, sports facilities, and fine dining, now it is also an internationally recognised centre for a variety of medical treatments ranging from dentistry and health clinics to aesthetic surgery.

Not only is this segment growing rapidly in quantitative terms, but it is also typically a high value sector with the capacity to contribute important revenue streams to the local economy. While Marbella has been a destination for medical and health tourism since the opening of the Incosol Hotel in the 1970s, it now looks to build upon this tradition to raise its status even further and develop the great potential that this field offers. ›

For a luxury resort town with a benevolent climate such as Marbella, the benefits of expanding its presence in this segment of the market are of great value, and here the World Health Tourism Congress plays an important role, providing the city and the surrounding parts of the Costa del Sol with a valuable opportunity to present itself to key stakeholders and highlight its competitive advantages in yet another field of tourism.

The benefits of this sector draw many to do just that, making this a highly competitive international field where facilities, expertise, range and depth of services, cost-effectiveness, and the appeal of the surroundings are of prime consideration. If Marbella can further expand its presence in this specialist sector, it will lead to a further inflow of investment and high-level guests, adding to the local economy, job creation, and the reputation of Marbella as a top exclusive destination.

THE WORLD HEALTH TOURISM CONGRESS

This important event brings together hundreds of invited specialists in the field, accompanied by government officials, investors, press and

other key stakeholders such as specialist operators, medical clinics, and over 300 Corporate Buyers. It provides a platform for professionals to meet, circulate, and learn about the latest trends, legislation, where the demand lies, the impact and opportunities of new technologies and new markets, while also expanding and cementing international networks.

The Corporate Buyers referred to are entities whose representatives source the prime health and medical destinations to include in their offering to what are usually very large client bases. These are judged on the basis of quality, efficacy, and cost, and the entities can range from insurance companies and third-party medical agencies to ministries of health and tour operators looking for new locations and partners to promote. Many of the public and insurance-based Corporate Buyers will similarly qualify destinations in order to provide cost-effective and better healthcare options outside of their home countries in a win-win formula that saves them money while also providing their clients with more attractive options, such as treatment and stays in Marbella. ›

WITH ITS CLIMATE AND AMENITIES, THE COSTA DEL SOL IS PARTICULARLY WELL PLACED TO BENEFIT FROM THIS KIND OF TOURISM, WHICH TENDS TO RANGE FROM PLASTIC AND DENTAL SURGERY TO SPORTS MEDICINE, SPAS, RESORTS, AND ALSO STRICTLY MEDICAL TREATMENTS AT PRIVATE CLINICS AND HOSPITALS. AN IMPORTANT FACTOR IS THE APPEAL AND EFFECTIVENESS OF THE ENVIRONMENT DURING THE POST-TREATMENT RECOVERY PERIOD, AND HERE ESPECIALLY OUR REGION HAS A NOTABLE COMPETITIVE ADVANTAGE THAT LOCAL PROVIDERS IN THIS SEGMENT WILL BE HIGHLIGHTING TO VISITORS FROM AROUND THE WORLD

SPECIALISED TOURIST CATEGORIES

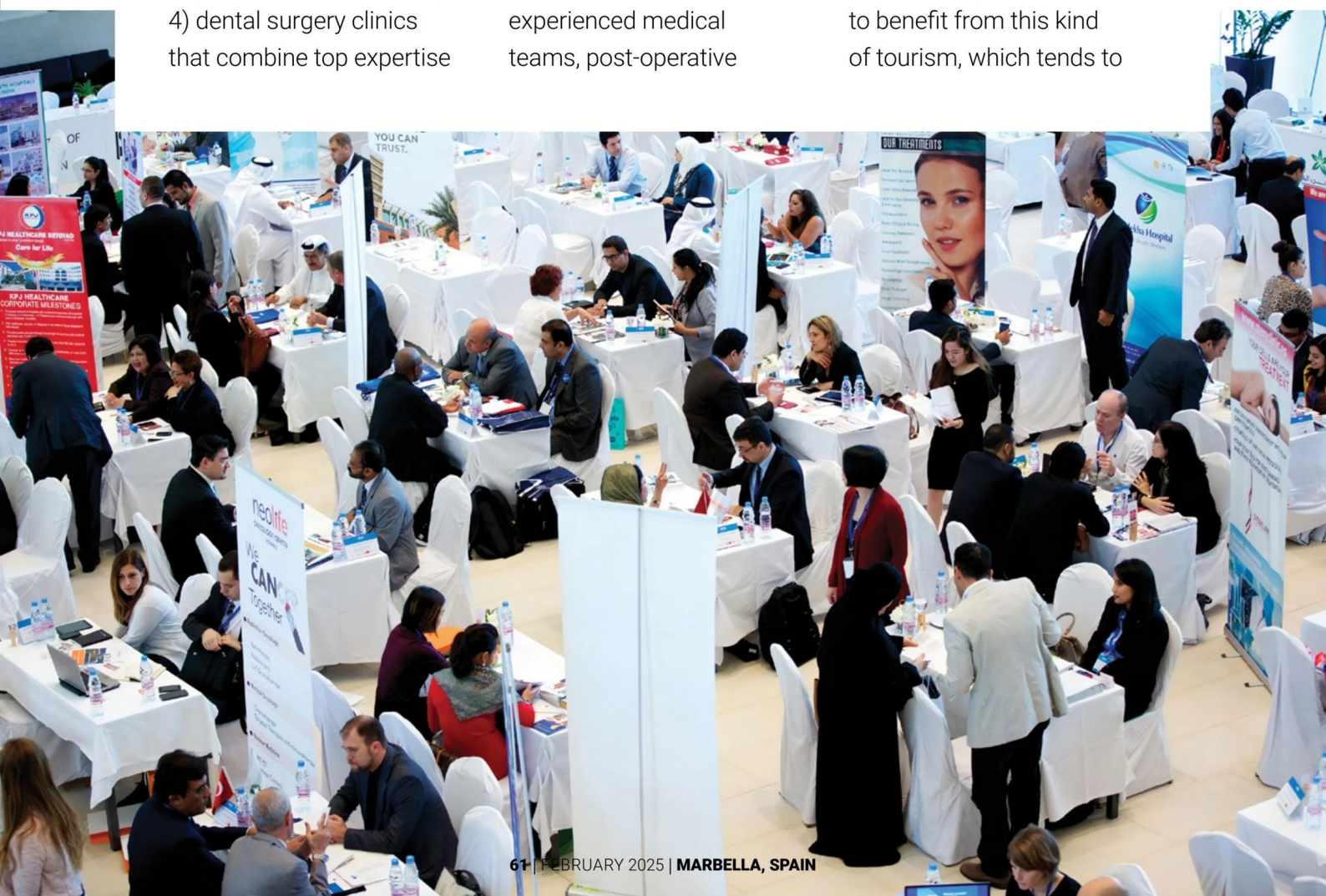
The sectors in question are divided into six main categories, consisting of 1) hospitals that can offer international patients a high level of care within a favourable recuperative environment such as that of the Costa del Sol, 2) private clinics with a range of specialised treatments, 3) plastic surgeries with leading doctors and exclusive facilities where patients can enjoy comfort and privacy, 4) dental surgery clinics that combine top expertise

with competitive prices below the level of those in North America and Northern Europe, 5) dedicated sports medicine complexes that specialise in treating and providing a curative environment for sport-related injuries, especially those of top international athletes, and finally 6) spas and resorts, which cater for the wellbeing segment.

All the above require the highest levels of technical infrastructure, the latest equipment, trained and experienced medical teams, post-operative

and recuperative support, appealingly attractive facilities, a favourable location within the Costa del Sol, professional operation and experience in providing care for a high-level international clientele, as well as competitive pricing in order to compete with the top global destinations in this field and attract this high-value form of specialist tourism to these shores.

With its climate and amenities, the Costa del Sol is particularly well placed to benefit from this kind of tourism, which tends to





The meeting point for specialist industry players

range from plastic and dental surgery to sports medicine, spas, resorts, and also strictly medical treatments at private clinics and hospitals. An important factor is the appeal and effectiveness of the environment during the post-treatment recovery period, and here especially our region has a notable competitive advantage that local providers in this segment will be highlighting to visitors from around the world.



It should be noted that the WHTC is not a trade fair, but rather an exclusive congress targeted at top level senior executives of Fortune 500 Corporate Buyers and government institutions from around the world. In fact, it will be attended by the top 300 Corporate Buyers in the world, as well as many industry experts, delegates, and media representatives from across the globe, so the Solution Providers gathered here will have a uniquely

privileged opportunity to present their specialised health, medical, and wellbeing tourism offering to real decisionmakers.

The format of the World Health Tourism Congress 2025 includes keynote speakers, Q&A sessions, press conferences, press interviews, seminars, networking events, dinners, workshops, and one-on-one meetings, bringing together the crème de la crème of the industry, and this year it

is taking place on our own doorstep. The event being held in Marbella's congress centre on the 17th and 18th of February provides a three-day, two-night networking platform that is a key opportunity for the city and its main Solution Providers to promote their unique offering to an important international audience and also to place our region among the international elite within this highly specialised segment of the travel industry.

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The WHTC Gala Dinner, to be hosted in Marbella

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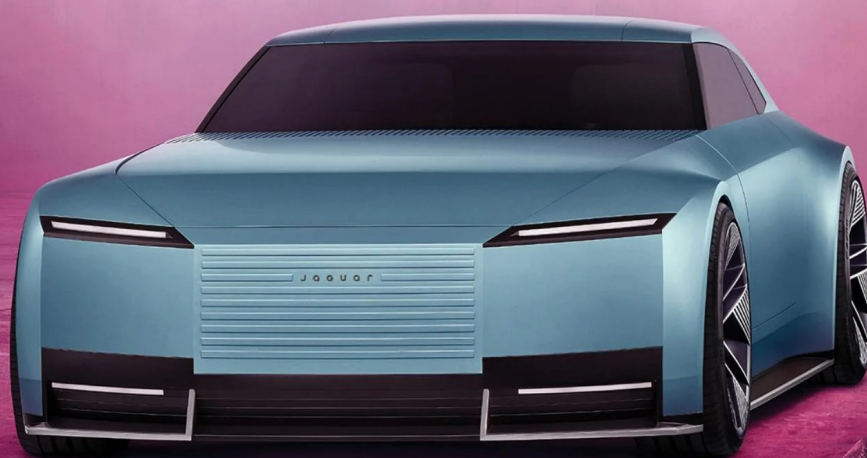
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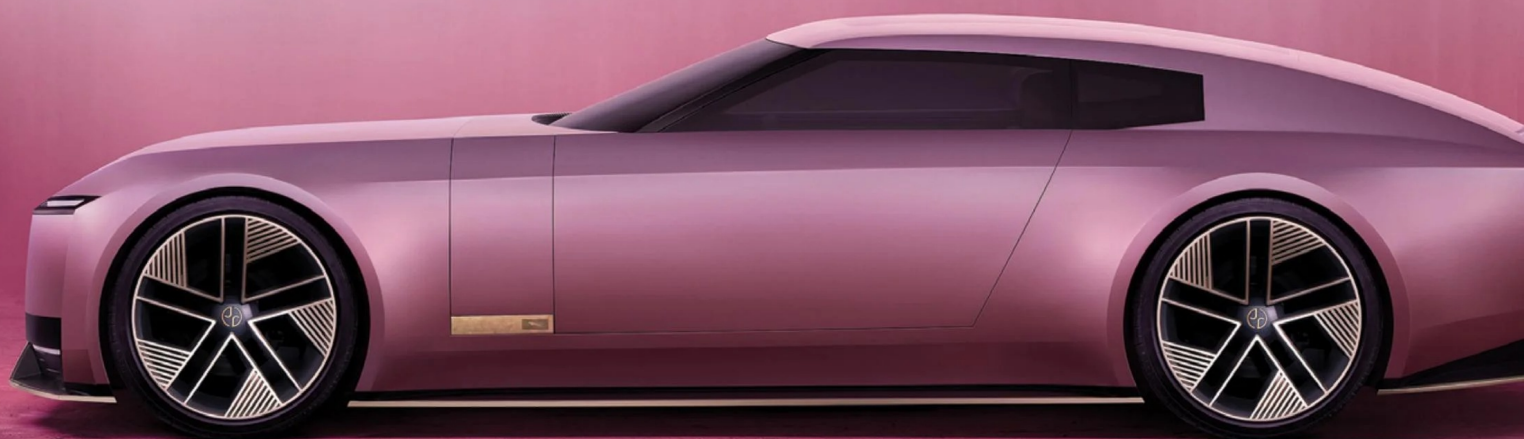


JAGUAR

TYPE 00 CONCEPT

After a rebrand steeped in controversy, Jaguar finally lifts the lid on its new all-electric concept car, the Type 00. And now the dust has settled, how hot or not is this new Jag?

WORDS **SAM HEXTER** PHOTOGRAPHY COURTESY OF **JAGUAR**



It's safe to say that Jaguar cooked up bit of a storm a few months back, unveiling a totally new brand identity that set the internet ablaze. I won't labour the point too much, but in case you missed it...

Jaguar put out a new conceptual reveal video via all their social channels, showing a group of young models clad in some questionable, contemporary fashion. It was very pastel, featured a lot of dusty pinks, and was punctuated by unveiling Jaguar's new logo; again, a far step from anything we've seen from the brand before, with a simplistic curved font in a mix of sentence and title-case lettering. No Jaguars (emblems or cars) were in sight within the

new reveal video, prompting motoring anoraks from across the internet to unite in disdain for this bold new direction. Was the hate justified? It seemed a little strong in the name of everything anti-woke, but that probably depends on who you ask.

There are a few things that remain clear: this is a grand new statement for the brand. Before uploading the new promo video, Jaguar had deleted all previous posts from its Instagram account. Which sounds like a minor detail, but when you've got a brand with such a rich and established 90-year history, it makes quite a physical embodiment of a metaphorical statement in 'removing the brand's history'. Certainly, none of what we've

seen so far harks back to the gorgeous XK120, or stunning C, D or E-Types. There's no mention of its racing pedigree established with numerous Le Mans wins. Or the mighty roar of the once fastest road-legal car in the world, the XJ220. Or any allusion to the numerous luxurious saloons the company has produced, boasting British racing green paint over walnut and cognac interiors, the longstanding preference of royalty. No, none of that. ›



It also makes it clear that Jaguar is very blatantly targeting a younger demographic, but seemingly at the cost of its very loyal and established customer base. And that also appears to be underpinned by their commitment to moving towards an all-EV lineup in the near future; something many much larger competitors have since steered away from. The likes of Porsche, Volvo and Toyota Group have all revised plans for an electric takeover by 2030 and now aim to make hybrids featuring internal combustion engines well into the next decade. But Jaguar is doubling down.





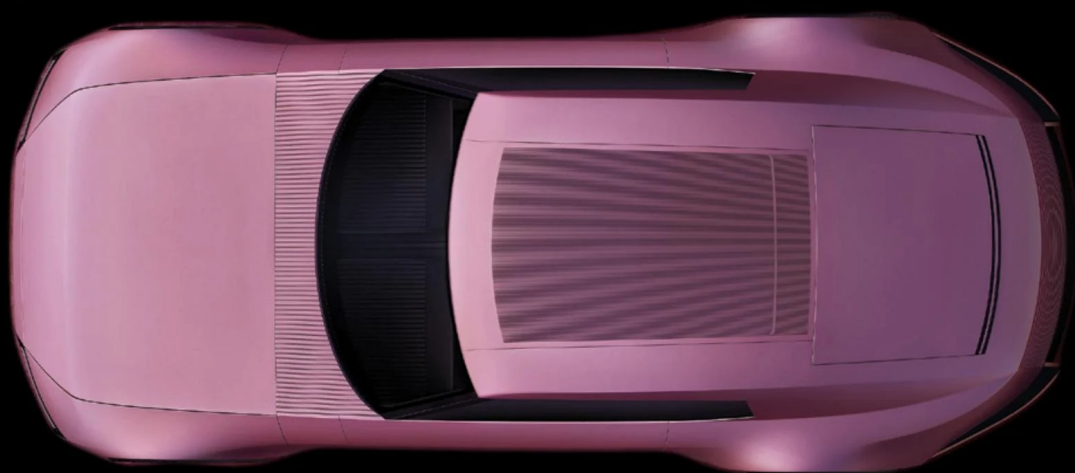
With all that out of the way, Jaguar then finally revealed the new concept car attached to its brave rebrand, the Type 00. It's certainly striking. This large pink coupé features a monolithic design, with long uninterrupted lines and a minimalist exterior. Horizontal slats punctuate both the nose and tail of the car, housing neatly integrated light bars. As with all pre-road-approved concepts, there's a minimal amounts of glass and outrageously large wheels to show off its exaggerated proportions.

The Type 00 certainly isn't a bad looking thing. It just

looks very much like a working concept. During the marketing ramp up ahead of its launch, Jaguar told us all to "copy nothing" as part of its hype. But it appears the designers at Jaguar haven't heeded the same advice and have copied a Rolls-Royce Spectre. To be clear, the Spectre is a wonderful thing, but we've seen it, and that makes the Jag look a little lacklustre in comparison.

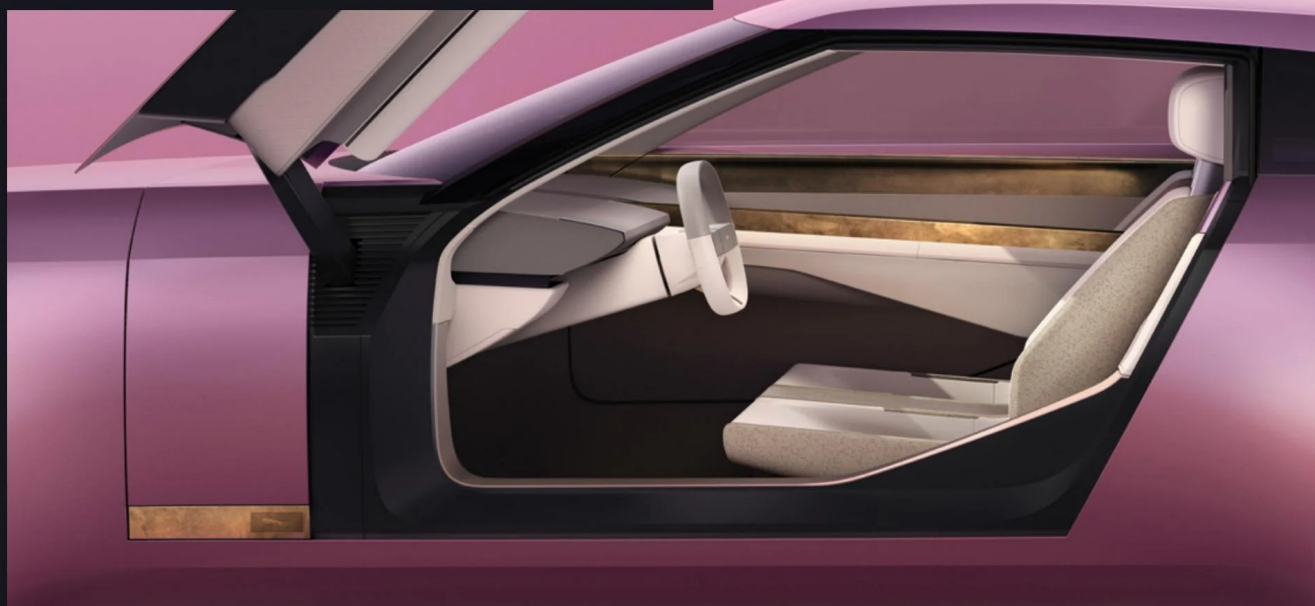
The concept certainly

makes Jaguar's new design language clear though, there's no doubt that this almost brutalist modernism will appeal to that younger audience the brand wants in its future. It's brash, unapologetic, and despite some questionable marketing in the build-up, is an exciting proposition if Jaguar can pull it off. As ever, the proof will be in the pudding. So, until we've actually driven this thing, likely next year, we'll reserve judgement. ›





The concept car has been spotted out in the wild for testing, wearing full camouflage, but featuring a four-door setup instead of two. The design team at Jaguar are suggesting the concept shown will be very close to the production version, and early signs show this to be true, aside from the additional rear-opening doors. Prices for this all-electric four-door GT are expected to start from £120,000 plus, or around €145,000 before local taxes. So, what do you think about this new direction for Jaguar? 



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ROBERT PATTISON

Seemingly, Robert Pattison has finally pulled himself away from the gloomy, seedy shadow of The Twilight Saga. The evidence? He's starring in a comedy! Albeit not your usual run-of-the-mill titter.

Robert Douglas Thomas Pattinson is an English actor known for starring in both major studio productions and independent films. Pattinson is among the world's highest-paid actors. Born and raised in London, he began modelling as a child and, since 2013, has served as the face of Dior Homme fragrance. He started acting at age 15 in a London theatre club, making his first screen appearance in *Vanity Fair* in 2004.

The Londoner, 38, who, professionally, has dabbled in

everything from serious drama, horror, crime, action, and even biopics, is the main man in *Mickey 17*, a death and rebirth spectacular that is as odd as it is original.

The big-budget Warner Bros project – \$150m and directed by the brilliant Bong Joon-ho – also stars Mark Ruffalo, Toni Collette, Steven Yeun, and Naomi Ackie, and tells the story of Mickey Barnes, a disposable employee part of a human expedition that aims to colonise the ice world of Niflheim.

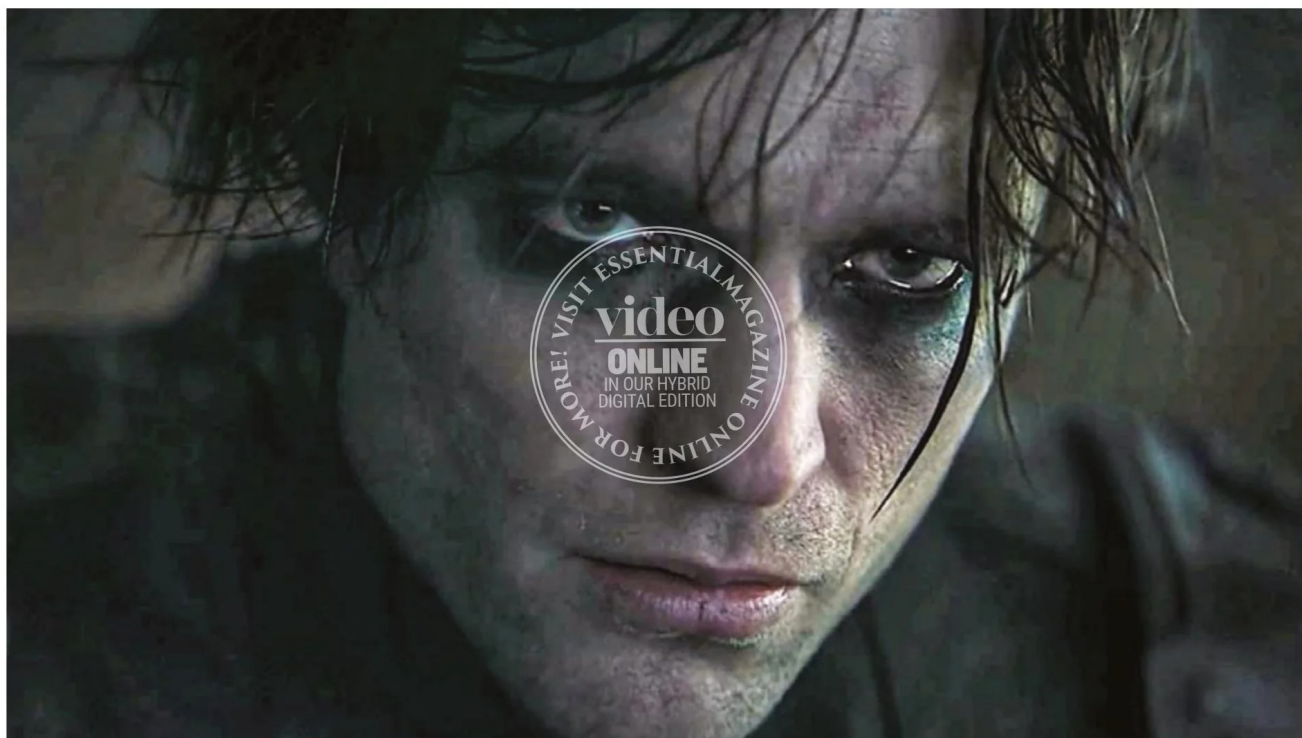
If there's a mission that feels too dangerous, the crew uses Mickey. If he dies, a new

body is 'born' with most of his memories intact, yet as you may predict, things don't always go down the intended route.

Pattinson excels in the role, and it seems somewhat fitting that such an original concept should greet him on what is his 20th anniversary of acting.

A star who has shed off the typecast nature of his role in *The Twilight Saga*, and deservedly so, as his portrayal of Edward Cullen actually only accounts for a quarter of his career, Pattinson is now flourishing in the finesse and freedom of some brilliant roles... even if dying is an unfortunate by-product. ›





DARE WE SAY, WE ARE WITNESSING SOMETHING THAT MIGHT BE DESCRIBED AS A SCI-FI COMEDY HERE?

"I'm trying to think if past sci-fi comedies have been well received, because I think you're right, this is definitely one of them.

Mars Attacks!? *Evolution* was good. Is *Back to the Future* sci-fi? I guess. Ultimately, I think the movie puts itself in good company. And if it doesn't, it's too late to go back now – it's in the can!"

DOES IT FEEL STRANGE THOUGH – GIVEN THAT YOUR ROOTS, ALL THE TWILIGHT STUFF, WERE IN THE DARKER ELEMENTS, AND MANY FILMS SINCE YOUR

BREAKAWAY TOOK ON DEEP IDEAS AND EMOTIONS – THAT WE'RE NOW HERE?

"Well there's been a bit of humour along the way, but I don't think I'd ever want to do an out-and-out comedy, a *Wedding Crashers*-type skit. I think taking comedy out of a comedy scenario is smart. So, *Damsel* was something like that – I wouldn't really class that as comedy, more just a fun movie. *How to Be* had a quirky, surreal edge. I'm just following those same maxims."

I MEAN, THE IDEA OF REPEATEDLY DYING AND BEING BROUGHT BACK TO LIFE IS EITHER DEEPLY TROUBLING OR QUITE FUNNY, RIGHT?

"I think once you witness the way Mickey keeps dying in this movie it becomes funnier the further through it goes. It's like a really messed up version of *Groundhog Day*, which itself was pretty messed up. I loved the repetition though, and the seemingly endless drag of rebirth and reinvention.

It was also very cool to remove from reality the fear of death. It's something we all think about and, speaking personally, the older I've become, the more I start considering not death itself, but the fact it comes nearer.

To portray someone so unafraid of 'the end', because, obviously, it's not the end at all, was a nice shift, and the movie was a lot of fun to make."

“My career is an extraordinary gift and I’m so grateful for it that I can’t imagine ever becoming depressed or annoyed simply because the success that I’ve had is attracting attention from the public. You just learn to deal with everything and not be bothered by the attention”

PEOPLE HAVE BEEN REALLY IMPRESSED WITH YOUR CHARACTERISATION, AND THAT WON’T BE THE FIRST TIME YOU’VE HEARD THAT. YOU SEEM TO HAVE A VERSATILITY THAT, WITH EVERY NEW PROJECT, IS DISPLAYING ITSELF IN DIFFERENT WAYS.

“Well, that’s very kind of you to say so. I think the reality is I was tied to a character for a long time at the start of my career, and even now all these years on, a big part of me wants to rebel against that; so as far as I can get away from ‘the norm’ – whatever that is – the better. I certainly feel free as an actor these days, in a way that I never did before.”

AND YOU HAVE TOTAL SELF-CONFIDENCE IN WHAT YOU DO?

“I wouldn’t say that. I think doubt is very useful. Any actor will go through periods where they will hesitate and question whether they can live up to a character in a script, or even the expectations that go with it.

I had that with *The Batman* because the role was so big, but it could be a small project too – it doesn’t really matter. You don’t ever want that feeling of falling short.

In every project I’ve ever taken on, I’ve come into it wanting to learn and to achieve new things. I like the challenge.” >





WHEN YOU FIRST BROKE THROUGH YOU SAID YOU FOUND THE ATTENTION QUITE BEWILDERING. DO YOU STILL FEEL THAT WAY?

"No, I don't worry about that stuff anymore. I'm used to getting stopped and commented on, so it doesn't really faze me either way. The fact is I live in London and I can go around pretty easily, even when I'm exercising outdoors. For the most part I get left alone.

Usually if someone stops me it's very polite and friendly and there's no longer that kind of frantic attention I had before. I feel that's because the whole *Twilight* thing was with a very different audience; but also, because the nature of celebrity

culture has changed a lot in the last few years – there are fewer paparazzi than before, and people aren't buying the gossip magazines or newspapers in the quantities they used to. Now everyone can take a photo and put it up on Instagram. I'm done worrying about it, to be honest."

DOES THE ATTENTION YOUR CELEBRITY ATTRACTS EVER WEAR YOU DOWN?

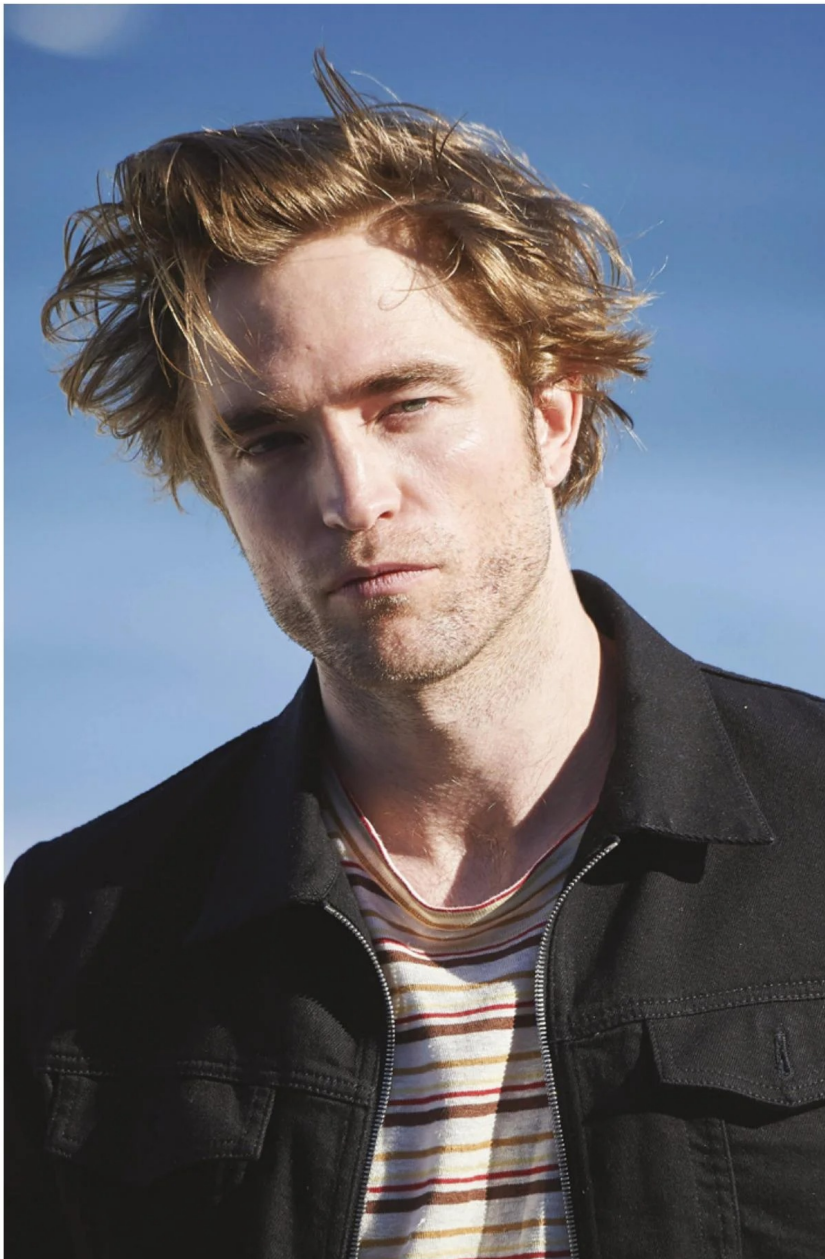
"Not really. My career is an extraordinary gift and I'm so grateful for it that I can't imagine ever becoming depressed or annoyed simply because the success that I've had is attracting attention from the public. You just learn to deal with everything and not be bothered by the attention.

First of all, it's flattering and as a performer you're obviously seeking the approval of audiences. Secondly, it means that people appreciate your work. So, it's pointless to let that attention annoy you because it's a contradiction and self-defeating.

If you're a performer, and that's essentially what an actor is, you are performing for an audience so you can't whine and moan about the fact that you've accomplished what you set out to do – which is to attract an audience and a following for your work."

WHY DO ACTORS TEND TO SUFFER FROM THESE FEELINGS OF ANXIETY OR GET SO WRAPPED UP IN THEIR CAREERS?

"A lot of it is the nature of the business where it's so insular and your entire life revolves around your work. I've seen some of that in my own experience and you do everything you can to try to separate yourself from that unreal kind of world. But it's easy for actors to lose themselves in that delusional state and some people get too attached to their success. And when things start to go badly



in their careers, they find that they have no real identity or life of their own to fall back on. It can be hard.”

DESPITE NOT WANTING TO FAIL, YOU DON'T SEEM AFRAID OF FAILURE, IN THE RESPECT THAT YOU WILL GO AFTER ANY PROJECT WITH RUTHLESS SELF-BELIEF, RIGHT?

“Sure. It’s fair to say I’m a little bit more ambitious in the kinds of roles I’m choosing now, whereas a few years ago I would hesitate.

I learned that you don’t advance your career by playing it safe, and perhaps it took me a little while to get to that place where I was really going after the bigger or more challenging roles again.”

BEING IN YOUR POSITION, WOULD YOU SAY YOU’VE DEVELOPED A GOOD RADAR BY NOW ABOUT THE PEOPLE WHO ARE FALSE AND WANT TO BE FRIENDS WITH YOU FOR THE WRONG REASONS OR PEOPLE WHO HAVE ULTERIOR MOTIVES?

“Yeah, but I mean to be honest, there’s just not that many people like that. And when someone is, it’s just so obvious. You have to remember that I have been in LA for quite a while and so I have quite a good group anyway. But yeah, definitely at the beginning it’s strange but at the same time, unless you are a total idiot, you are really not going to get that screwed over by people.” >

HAVING GROWN UP WITH SISTERS, DO YOU THINK THAT INFORMED YOUR VIEW OF WOMEN IN TERMS OF BEING COMFORTABLE AROUND THEM?

"Yeah. I think so. I mean, I wasn't when I was younger. I kind of think also because I went to an all-boys school and then went to a coed school when I was twelve, and I didn't realise that there were coed schools. Because I was so amazed by it, it changed my whole opinion on girls. Whereas for most of my friends, they went to all-boys school their whole school life."



HOW WOULD YOU DESCRIBE YOUR TEENAGE YEARS? WERE YOU REBELLIOUS?

"Not really. I was kind of normal, and then I started working quite young, and when I was 16, I got my first big-ish role. It's gone on from there, but I've always regarded myself as a grounded person, despite it all, and I always want to be that way."

IF YOU COULD GO BACK AND GIVE YOURSELF ADVICE WHAT YOU SAY TO YOURSELF?

"Not much."

WELL THAT'S A GOOD SIGN. YOU'VE DONE ALL THE RIGHT THINGS THEN?

"I don't know. Perhaps, or maybe I am not seeing it yet [laughs]." 





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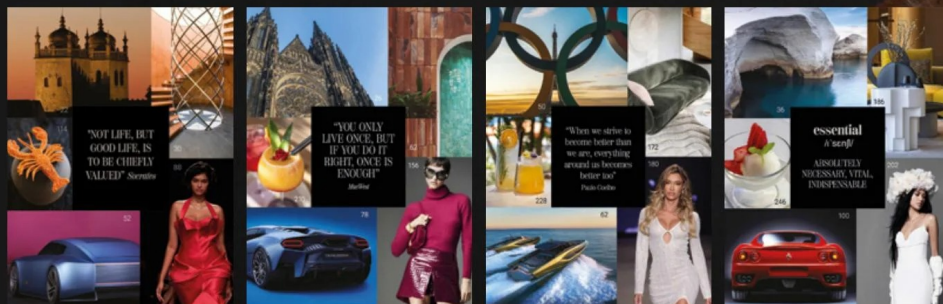
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Get to know Diana Morales, who founded DM Properties in 1989, and Iris Arbel, whose innovative initiative, Saboris, is championing healthy eating. Find out about the information your vehicle can supply about you and your habits. Check out what's making waves in Spain and further afield.

trends

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what's cool?

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BECOMING LED-ZEPPELIN



BECOMING LED ZEPPELIN LANDS ON FEBRUARY 7

Don't miss *Becoming Led Zeppelin*, featuring all of the band's members John Bonham, John Paul Jones, Jimmy Page, and Robert Plant. With stunning, psychedelic, never-before-seen footage, performances, interviews, and music, Bernard McMahon's officially authorised cinematic odyssey chronicles the creative, musical, and personal history of Led Zeppelin.



NEW FERRETTI YACHTS 940 LAUNCHED

The first unit of the brand new Ferretti Yachts 940 was recently launched at the company's Cattolica Shipyard. This is the first wide body yacht in the range, distinguished by its five-cabin layout – with the master cabin on the main deck, its outstandingly versatile exterior spaces, and the incredible view over the water through floor-to-ceiling glazed surfaces.

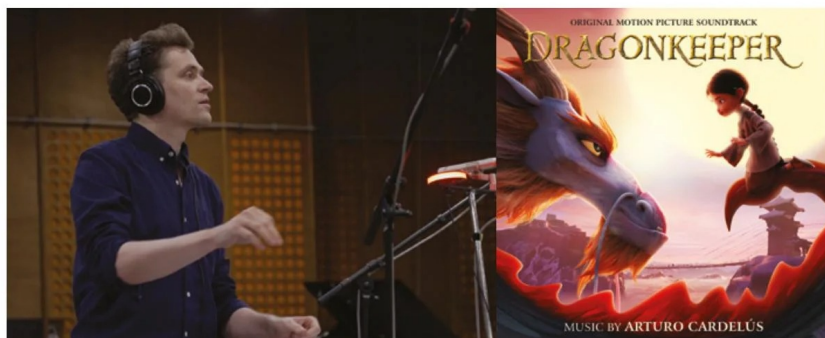
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AN ALPINE REFUGE IN THE HEART OF MADRID

This winter, El Jardín de Diana at Hyatt Centric Gran Vía Madrid invites you to a unique experience in its charming El Jardín de Diana Winter Cabin, inspired by traditional alpine chalets. Located on the 10th floor of the hotel, this exclusive space combines panoramic views of Madrid with a gastronomic proposal comprising a special brunch to delight the senses.

| WWW.HYATT.COM



ARTURO CARDELÚS NOMINATED FOR A GOYA

Spanish composer, Arturo Cardelús, who was born in Madrid in 1981, has been nominated for Best Original Music for the animated blockbuster *Dragonkeeper* at the 2025 GOYA Awards, which

will take place at the Granada Conference & Exhibition Centre in Granada on the 8th February. In addition, the film has obtained a second nomination for Best Animated Film.

| WWW.MUSICACREATIVA.COM



EL GRIFO – 250TH ANNIVERSARY

Famous Lanzarote winery El Grifo is celebrating its 250th Anniversary in 2025. Located in a volcanic landscape declared a Biosphere Reserve for more than 30 years, EL Grifo is renowned for its exceptional wines with pronounced mineral notes that express the character of the island. The vineyard demonstrates its sustainable credentials with its ecological production.

| WWW.ELGRIFO.COM



CASA BRERA, A LUXURY COLLECTION HOTEL

Casa Brera has officially joined The Luxury Collection. Situated in the heart of Milan, with rooftop views to the Duomo di Milano, this hotel stands out for its exceptional design by Patricia Urquiola and its culinary offerings from Michelin-starred chefs, Andrea Berton and Haruo Ichikawa. A masterpiece of luxury, design, and gastronomy in the world capital of fashion.

| WWW.MARRIOTT.COM

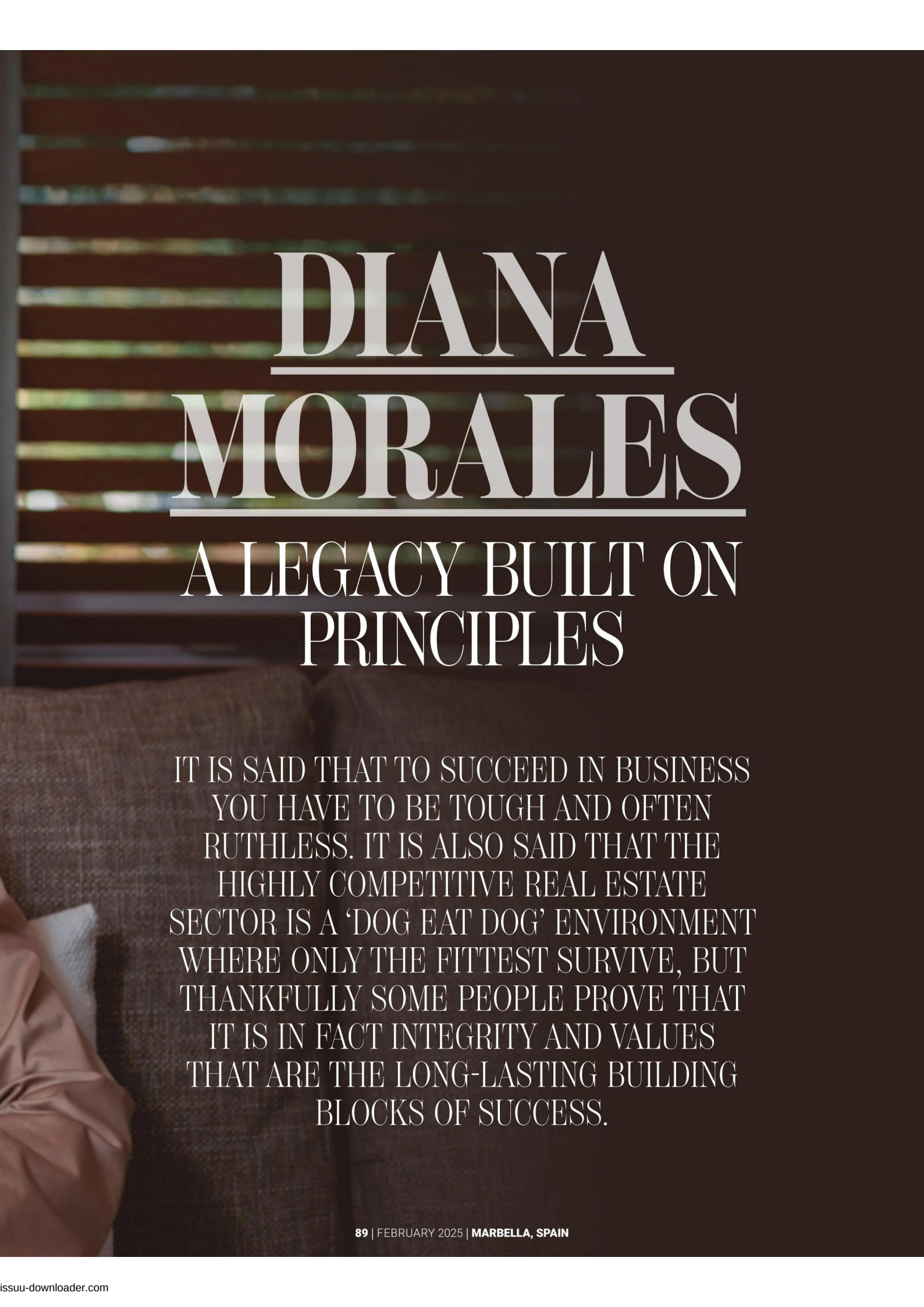


VP PLAZA ESPAÑA DESIGN 5* OPENS THE DOOR OF THE ROYAL COLLECTIONS TO ITS GUESTS

The Hotel VP Plaza España Design 5* has signed a collaboration with the Galería de las Colecciones Reales, the National Heritage museum project that opened its doors to the public in 2023. Under the new agreement, guests of the luxurious hotel located in the emblematic Plaza de España and close to the Gallery, can visit the impressive collection with their very own personalised access key.

| WWW.PLAZAESPANA-HOTEL.COM

Diana Morales has built up a reputation for quality, service, and discretion in Marbella real estate



DIANA MORALES

A LEGACY BUILT ON PRINCIPLES

IT IS SAID THAT TO SUCCEED IN BUSINESS YOU HAVE TO BE TOUGH AND OFTEN RUTHLESS. IT IS ALSO SAID THAT THE HIGHLY COMPETITIVE REAL ESTATE SECTOR IS A 'DOG EAT DOG' ENVIRONMENT WHERE ONLY THE FITTEST SURVIVE, BUT THANKFULLY SOME PEOPLE PROVE THAT IT IS IN FACT INTEGRITY AND VALUES THAT ARE THE LONG-LASTING BUILDING BLOCKS OF SUCCESS.



WORDS **MICHEL CRUZ** PHOTOGRAPHY COURTESY OF **DIANA MORALES PROPERTIES / KNIGHT FRANK**

In Marbella, the name Diana Morales is synonymous not only with luxury real estate but also with all the associated traits of quality, service, discretion, and technical know-how. They are the very qualities that should be the hallmarks of any real estate agency that calls itself a specialist in the upper segments of the industry, and those companies that have come to embody such virtues through decades of consistency and fealty to their principles rise up above the rest to acquire a reputation built on trust and confidence in their abilities.

This has been the backbone

of the success that DM Properties has enjoyed since its founding in 1989, making it one of the most longstanding agencies in the Marbella market, and one of the most highly regarded as well. Creating such a business based upon service and quality is the desire of most who found their own agency, yet being consistently true to your values can be surprisingly hard, both in good and bad times, and this is what sets the likes of DM Properties apart.

The company that has since joined forces with Knight Frank to become its official representative on the Costa del Sol has grown from small

beginnings. "I was still a novice in Marbella real estate when I moved here from Buenos Aires in 1978," says Diana Morales. Before long, however, she earned her stripes in sales, working for property developers that catered to the influx of affluent foreign buyers that followed the abolition of exchange controls by the British Government under Margaret Thatcher.

"Most buyers were foreign and among them the majority were British, so I realised the importance of having international connections and began developing a network that has proven to be of great



value.” By 1987, Diana’s client base was such that Sotheby’s International Real Estate approached her to open an office in Marbella – their first brokerage office in continental Europe. “I opened the office with one secretary, a computer, and external legal and accounting advisors. Sotheby’s policy was to work only with sole agency agreements, which was not easy at that time.” Even so, Diana succeeded in acquiring exclusive listings and sold several important properties, including three beachfront villas in Los Monteros and the Golden Mile. One, a joint sale with Panorama, was the most expensive residential property ever sold in Marbella at the time.

Though Diana had to

introduce Sotheby’s to a market that didn’t know it was the luxury real estate arm of the famous auction house, she somehow managed to get exclusive listings, market and sell them, provide the after sales service and administration, and also report back to the USA. “It was hard work, but I learned a lot. We were in fact the first agency here to advertise properties using images, and we’ve always maintained a high commitment to quality imagery and presentation ever since.” After two successful years, Diana decided to found DM Properties, which would be a Sotheby’s affiliate on the Costa del Sol for the next 17 years as she built a boutique agency that would become an important name in the mid to

upper segment of the market.

BUILDING A BRAND

Diana had learned a lot about building a brand and put that to good use with her own agency. “Having a large network both locally and internationally helped a lot,” says Diana, who also benefited from a solid reputation for professional service, know-how, and a highly ethical approach to business. Like all the companies that have withstood the test of time, she weathered storms such as the Gulf War, the depression of the early 90s, and of course the Financial Crisis but maintained a steady course and built upon a solid team that in most cases stayed with the company for many years and grew with it. >

"The first crises were very hard to survive with a new business, but with hard work, persistence, and a little luck we navigated through it. By the time the Financial Crisis came in 2008 we had been able to establish a solid footing during the boom years of the 2000s. I knew such a boom could not last, so we grew carefully and were in a good position to survive the lean period that followed the bursting of the bubble in 2008." DM Properties further consolidated its position in the following years, announcing in 2014 a collaboration as exclusive agents of Knight Frank, following previous associations with other top names such as Sotheby's and Christie's.

"The association with Knight Frank is a fruitful one and now goes back over a decade. We not only blend our own local market knowledge and international

network with the global presence and resources of Knight Frank, but also share their company culture and values, which prioritise integrity, excellence, and client-focused service. With a growing network of 740 offices in over 50 countries and 27,000 professionals forming one global network, Knight Frank provides us with unrivalled insights and resources, including authoritative studies like the annual Wealth Report, which offers fantastic insights into the dynamics of UHNW investment flows and consumer preferences." Having built a solid and highly respected company that is now run by her daughter Pia, Diana continues to take note of the changes that have swept through Marbella and Spain since she first arrived on these shores.

"We have gone from the early transition to democracy to a whole

new technology-based world. I still remember how the fax and early mobile phones revolutionised communication, and now technology has the capacity to provide the real estate sector with tremendous new opportunities. Do you know that ours was one of the first real estate agencies in Marbella to have a website, in 1998?"

DM Properties has certainly been a pioneer in the local property sector, but above all it has built such a valuable reputation for quality, expertise, and integrity thanks to a consistent dedication to service and remaining true to its principles – qualities whose value will only grow over time.

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Iris Arbel of Saboris

WORDS MICHEL CRUZ PHOTOGRAPHY KEVIN HORN

SABORIS

FOOD MADE WITH LOVE

Walk around The Pool – the coworking business hub above the El Corte Inglés store on the Golden Mile – and you will see happy faces all around. Of course, this is a nice group of people, and The Pool provides a very pleasant working environment, but something has changed recently, and it's lifted the mood even further.

Iris Arbel is something of an unusual foodie and nutritionist. Coming from a business, trade, and diplomatic background that took her around the world to places as diverse as Israel, China, and Luxembourg, she and her family eventually chose Marbella as their preferred home, and with it has come a further change in lifestyle. The former economics graduate with an MBA who went from managing a trade and economic department in Beijing and later managed a water investment firm in China and a new energy investment fund in Luxembourg, is now creating

beautifully made healthy dishes for children and professionals alike.

"I was always passionate about food and nutrition, and over the years took various cooking classes in France and Israel. As someone who loves hosting friends, cooking for large social gatherings was never a challenge for me. In 2021, I was fortunate to receive the 'green light' from the management of the British International School of Marbella to take over the catering services of their new, modern campus in Nagueles. Since then, I 'design' and prepare nutritionally balanced meals for hundreds of schoolchildren daily," says Iris. >

The restaurant area at The Pool with catering by Saboris





A CHANGE OF FOCUS

There was no hint of this when Iris first graduated and joined Israel's Ministry of Trade (now the Ministry of Economy) as part of a team that sought to find new growth markets for the country's exports. This was followed by a posting as Commercial Attaché to the Israeli Embassy in Beijing, courtesy also of the fact that Iris had studied Mandarin at university and became highly proficient in it.

"My work has taken me around the world, and it is the mosaic of cultures and traditions that has always fascinated me, expressed in forms such as art, music,

architecture, traditions, and of course cuisine." Iris stayed on in China to head up an investment firm specialising in developing, constructing, and operating infrastructural projects designed to bring clean water to remote parts of the country. "We completed a total of 12 large projects during my time as the CEO and this success rate is in large part thanks to my ability to recognise local talent and build strong teams."

A PASSION FOR CONTRIBUTING

The same is true at Saboris, the specialist catering business she set up with her husband

in Marbella. "There is no replacement for teamwork and the sense of drive and energy it creates, not to mention the results it produces," says Iris, "and we've been fortunate to have a great team of people here."

"We had gotten to know Marbella when we were looking for a place to enjoy an extended break, and the city came to my attention in quite an unusual way, through the song *Colgando en tus manos* by Carlos Baute and Marta Sánchez, where Marbella is mentioned. I was intrigued and decided to look it up, being amazed when I saw the photos and found out that

there are no fewer than 12 international schools here. A holiday followed, all of us absolutely fell in love with Marbella and we eventually changed our plans and decided to stay and manage our business from here.”

“Having taken an intensive course with Dr. Joel Fuhrman, I soon had the chance to put it to the test at the British International School.” Iris’ passion for food and nutrition has also translated well into various community activities that are aimed at promoting healthy nutrition, such as a cooking course for six-form students to better equip them for their university years. Currently she is working on her new initiative at The Pool called the Longevity Club – a monthly gathering of individuals who are passionate about health and nutrition. The gathering will include a brief of the most recent research papers on nutrition, accompanied by a ‘superfood’ lunch, based on micronutrient packed ingredients such as violet potatoes and Jerusalem artichokes. ›



A healthy, gorgeous spread for the networking breakfasts



SABORIS – HEALTH AND FLAVOUR

“At home we’re used to eating healthily but never at the expense of taste. My children have grown up with a varied diet based on fruits, vegetables and actually little in the way of chocolates and sweets, and they love healthy eating. When my proposal to create a new menu for the British International School was accepted, I was beyond thrilled.” The result is a well-considered daily offering that has tripled the consumption of vegetables, fruits and legumes, also adding various vegan options to the menu, and the quality and taste is such that the kids have taken to it with enthusiasm, while the satisfaction rate from both kids and parents has increased by 30%.

“It’s very fulfilling to receive

messages from parents requesting recipes of dishes that their children enjoy at school.” For Iris, the essence of a well-balanced meal lies in the quality and freshness of the ingredients, how they have been produced – for which reason she promotes high quality locally grown produce with no processed or semi-processed ingredients – and of course how it is prepared and combined onsite, fresh daily. “It’s not easy to make 2,500 meatballs by hand, or mashed potatoes from 100% natural potatoes, but my team shares with me the vision of nutritious and healthy school lunches and is willing to work hard to achieve it. We see ourselves as an important part of children’s food education, expanding their taste palate and exposing them to dishes from various food cultures. It’s a huge gratification

for us seeing students refilling their plates with Kitchri or Dahl lentil stew, or just roasted sweet potatoes and broccoli.”

THE POOL

Word got around, and apart from requests for catering at events, Iris and her team were also invited to take over the running of the cafeteria at The Pool, creating a special menu and varying daily specials geared towards providing nutritious and delicious meals for its vibrant and health-minded business community, as well as offering networking breakfasts and brunches. The fact that there are so many happy faces around is a sign that it’s worked wonderfully well.

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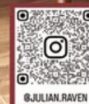
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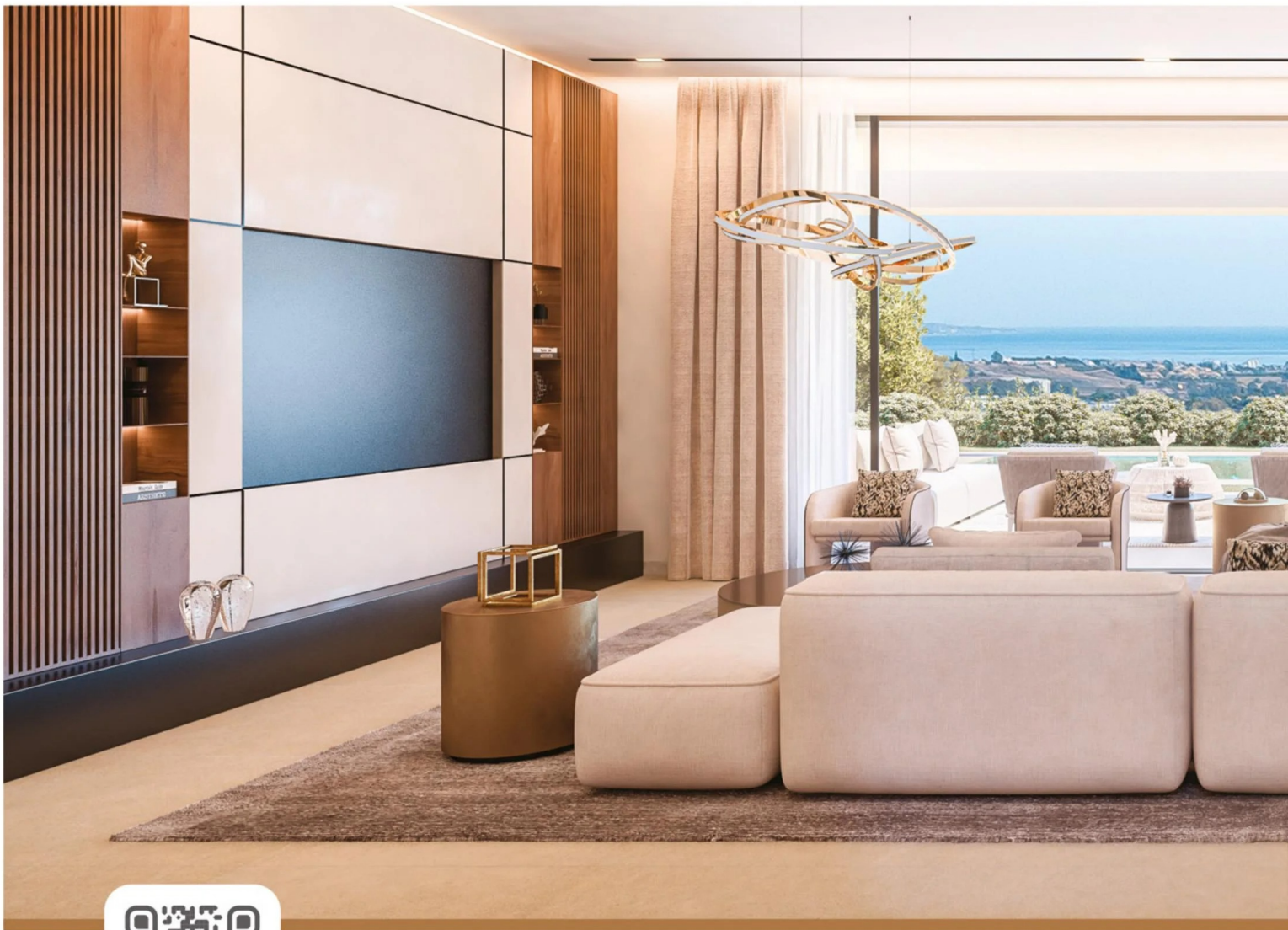


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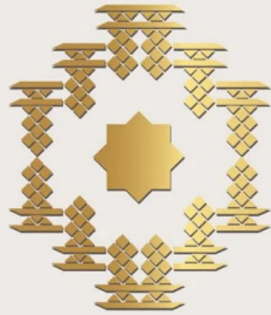
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» Director: Brady Corbet (*Funny Games*)

» Genre: Drama » Cast: Adrien Brody, Felicity Jones, Guy Pearce

Visionary architect, László Toth and his wife Erzsébet flee Europe to rebuild their legacy and witness the birth of modern America. Their lives are changed forever when a charming industrialist, Harrison Van Buren, commissions László to design a grand modernist monument. It will be the most ambitious project of his career, and it will put his relationship and everything he stands for to the test. The film's title is inspired by the Brutalist architectural style, which emerged during post-World War II Britain as a response to the need for efficient, cost-effective reconstruction. In many ways, it encapsulated the zeitgeist, which called for functionality and raw aesthetics over form.





HERETIC

» Directors: Scott Beck (*A Quiet Place*), Bryan Woods (*Haunt*)

» Genre: Psychological Thriller

» Cast: Hugh Grant, Sophie Thatcher, Chloe East

Two Mormon missionaries, Sister Barnes and Sister Paxton, visit the home of a strange man called Mr. Reed to spread their faith. He welcomes them with the promise of blueberry pie made by his supposed wife, but as time passes, it becomes clear that he has sinister intentions. He subjects them to a series of twisted challenges and tests of faith, asking them to make a choice between 'belief' and 'disbelief'.





WE LIVE IN TIME

» **Director:** John Crowley (*Brooklyn*)

» **Genre:** Romance

» **Cast:** Andrew Garfield, Florence Pugh, Grace Delaney

A beautifully romantic film covering a decade-long period in the lives of a couple. Andrew Garfield plays Tobias – a recently divorced Weetabix representative who is struck by a car driven by Almut – a former figure skater-turned-chef. The unfortunate event leads to a date and the start of a loving relationship. The couple has a child and Almut begins to reap great success as a chef. However, an unexpected diagnosis forces her to choose between her health and her ambitions.





A REAL PAIN

» **Director:** Jesse Eisenberg
(*When You Finish Saving the World*)

» **Genre:** Drama

» **Cast:** Jesse Eisenberg, Kieran Culkin

This moving story centres on two estranged cousins who reunite after the death of their Polish grandmother and take a guided tour of Poland. Kieran Culkin plays Benji – a free spirit with a warm, lively sense of humour who is confident and witty. Jesse Eisenberg plays David – a husband and father who is uncomfortable with showing his emotions but cares deeply about his cousin. Their relationship proves that when cousins are separated and reunite after many years, it often feels like they have seen each other ‘only yesterday’.



SONIC 3

» **Director:** Jeff Fowler
(*Sonic the Hedgehog 1 and 2*)

» **Genre:** Animation

» **Cast:** Idris Elba, Keanu Reeves, Ben Schwartz

Sonic, the anthropomorphic hedgehog capable of running at supersonic speeds, is back for a third time to delight young audiences with his sparky personality and passion for defending victims against injustice. This time, Sonic and his friends Tails and Knuckles face their toughest challenge yet, since a mysterious threat (voiced by Idris Elba) emerges from a parallel dimension, hell-bent on causing destruction. Our heroes team up with a rogue mercenary (voiced by Keanu Reeves) in a race against time. Can they stop the power-hungry villain from obliterating their planet?

COMPILED BY MARISA CUTILLAS

HOT NEW SERIES

by Ben Stiller

Severance



SEVERANCE

S2 (NETFLIX)

» **Creator:** Dan Erickson (*Chambers*)

» **Genre:** Dystopian Science Fiction

» **Cast:** Adam Scott, John Turturro, Tramell Tillman

Season 2 will continue the storyline from Season 1's cliffhanger ending. Mark, Irving, and Helly's 'innies' broke free and entered the outside world in the final episode, giving us hope that they would reveal the cruelty of the 'severance' experiment. The plot explores the consequences of tampering with the severance barrier. It begins with Mark S. waking up in the Lumon elevator and rushing to his office space, only to find that he has completely new co-workers!

PARADISE

SI (HULU)

» **Creator:** Dan Fogelman (*This Is Us*)

» **Genre:** Thriller

» **Cast:** Sterling K. Brown, James Marsden, Krys Marshall

Paradise is set in a peaceful community inhabited by some of the world's wealthiest individuals. Their world explodes when the President of the US, Cal Bradford, is murdered. The last person to see the President's body is his Head of Security, Xavier Collins, so he becomes the initial suspect. A flashback shows him entering a meeting in the Oval Office, where he is encouraged by a mysterious character to participate. A chaotic state of emergency ensues as Xavier navigates the turmoil of being a father and protector of the most powerful man in the nation.

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ERLING K. BROWN

EMMY® AWARD WINNER
JULIANNE NICHOLSON

EMMY® AWARD NO
JAMES MARS



MISSING YOU

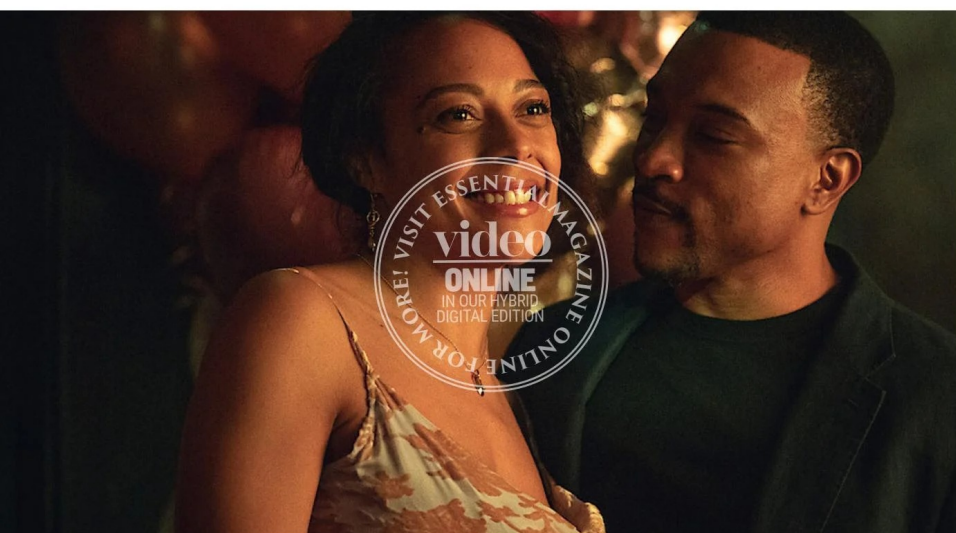
SI (NETFLIX)

» **Creator:** Harlan Coben
(*The Innocent*)

» **Genre:** Thriller

» **Cast:** Rosalind Eleazar, Richard Armitage, James Nesbitt

Missing You is the ninth adaptation of best-selling author, Harlan Coben's work on Netflix. The story centres on Detective Kat Donovan (Rosalind Eleazar) whose life takes an unexpected turn when she discovers her ex-fiancé Josh on a dating app, 11 years after his mysterious disappearance. A teenager named Brendan approaches Kat about his missing mother, who was last seen with Josh. She launches an investigation and fearlessly revisits long-buried secrets from her past.





PRIME TARGET

S1 (APPLE TV+)

» **Creator:** Steve Thompson (*Sherlock*)

» **Genre:** Thriller

» **Cast:** Leo Woodall, Quintessa Swindell, Ali Suliman

A brilliant young postgraduate in mathematics, Edward Brooks, is on the verge of a major breakthrough. If he succeeds in finding a specific mathematical pattern, he will hold the key to every computer in the world. He begins to suspect that there is a troubling conspiracy being developed around him. He is thrown into the orbit of Taylah Sanders, a special agent whose role is to keep an eye on him and report on his behaviour.

Together, they must unravel a complex mystery that requires more than Edward's supreme intelligence to work out.



AMERICAN PRIMEVAL

S1 (NETFLIX)

» **Creator:** Mark L. Smith
(*The Revenant*)

» **Genre:** Western

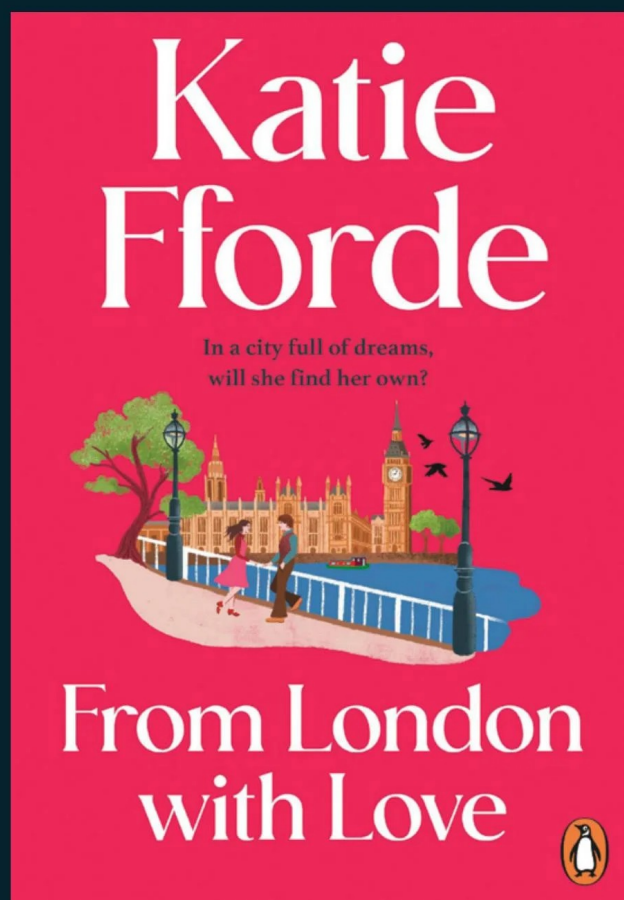
» **Cast:** Taylor Kitsch, Dane DeHaan, Betty Gilpin

A six-part series set in 1857 that explores the violent birth of the American West. It revolves around different groups, including bounty hunters and trappers, Mormon settlers, and inhabitants of the former fur trading post of Fort Bridger, Wyoming. It depicts the violent collisions of cultures, religions, and communities as people battled for control of the new world and showcases the great sacrifices they made. **e**

READING

FEBRUARY'S MOST EAGERLY ANTICIPATED NEW RELEASES

WORDS **ALICIA DUGGAN** OF THE BOOKSHOP IN SAN PEDRO DE ALCÁNTARA , CC LA COLONIA LOCAL 21, SAN PEDRO DE ALCÁNTARA. TEL: 951 779 785. WWW.THEBOOKSHOPS.ES



FROM LONDON WITH LOVE

BY KATIE FFORDE

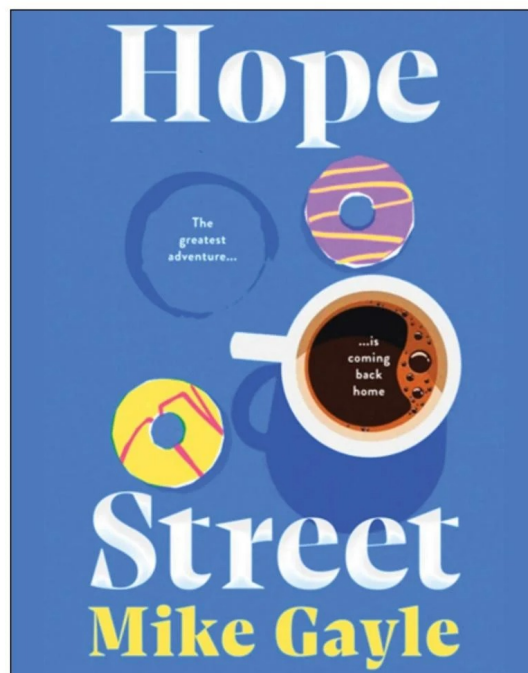
In 1968, Felicity arrives in London with her mother's plan firmly in place: improve her English, take a secretarial course, and find a suitable man. But Felicity dreams of returning to Provence and pursuing her passion for painting. Everything changes when she meets Oliver, an intriguing young man with a free-spirited lifestyle. Living on a barge and working as a mudlarker, searching the shores of the Thames for hidden treasures, Oliver introduces Felicity to a world of adventure and creativity. Soon, she's mudlarking alongside him and painting scenery for his actor friends, embracing the life she's always wanted. But Oliver isn't the kind of man her mother would approve of, and Felicity must decide where her heart truly lies. Full of love, tangled relationships, and unexpected journeys, Katie Fforde's latest novel is a charming and uplifting delight.



THE MEDICI RETURN

BY STEVE BERRY

In the latest thrilling instalment of the *New York Times* bestselling Cotton Malone series, Steve Berry takes readers on a high-stakes adventure through Italy and Tuscany to uncover a five-hundred-year-old mystery. Cotton Malone is on the trail of the Pledge of Christ, a forgotten 16th-century promise made by Pope Julius II that reveals a monumental Vatican debt, now worth trillions. But uncovering the truth hinges on a critical question: what really happened to the Medici family, believed to have died out centuries ago without heirs? As Malone races to connect the dots, the stakes soar; control of the Vatican's wealth, the future prime minister of Italy, and the next pope all hang in the balance. In this pulse-pounding quest, the key to the future lies in the secrets of the past... and the Medici's possible return.



HOPE STREET

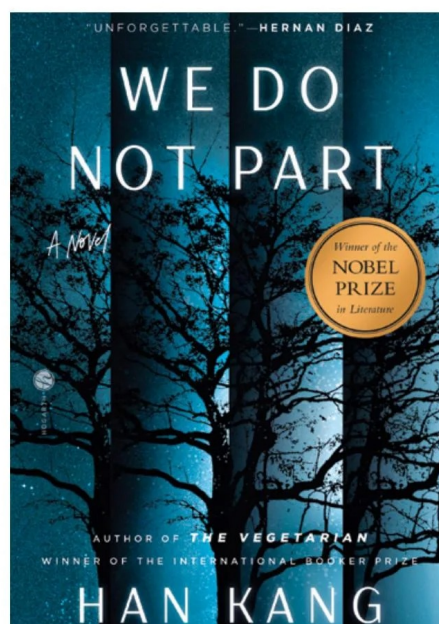
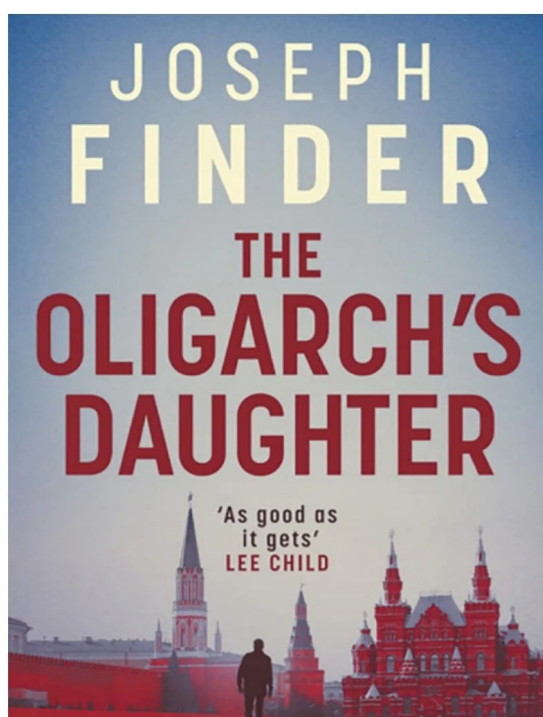
BY MIKE GAYLE

Lila Metcalfe, a trainee journalist in Derby, is used to tackling the stories no one else wants. So, when her editor assigns her to investigate why the city's Cossington Park development is stalled by a lone holdout on Hope Street, Lila knows it's her job to dig deeper. That's how she meets Connor, the street's sole resident. Twenty-something Connor is nothing like she expected. He refuses to leave his crumbling home for one heartfelt reason, he's waiting for his mum to come back. As Lila uncovers the layers of Connor's story, she begins to question her own choices and what home truly means. From the author of *A Song of Me and You* comes a poignant and uplifting tale of love, resilience, and finding hope in unexpected places. ›

THE OLIGARCH'S DAUGHTER

BY JOSEPH FINDER

From the *New York Times* bestselling author of *House on Fire* comes *The Oligarch's Daughter*, a gripping thriller that fuses the cutthroat drama of *Succession* with the nail-biting espionage of *The Americans*. Paul Brightman is living a quiet life under a false identity in New England, until his cover is blown. With Russian operatives closing in and a million-dollar bounty on his head, Paul must flee into the wilderness, where every step is a fight to stay alive. Six years earlier, Paul was a rising Wall Street star who fell for Tatyana, a captivating photographer with a dangerous secret: her father is a Russian oligarch at the centre of an international conspiracy. Now, to survive, Paul must untangle a deadly web of lies that leads to the highest levels of power. A taut, electrifying spy thriller for our modern age.



WE DO NOT PART

BY HAN KANG

From Han Kang, the Nobel award-winning author of *The Vegetarian*, comes *We Do Not Part*, a luminous novel exploring friendship, resilience, and a buried chapter of Korean history. When Kyungha receives an urgent plea to help her injured friend Inseon, she travels to Jeju Island to care for Ama, Inseon's cherished white bird. But as a snowstorm engulfs the island, Kyungha's journey grows perilous. Battling the freezing cold and encroaching darkness, she presses on, unaware of the harrowing truths that await her at Inseon's house. Blurring the line between dream and reality, this haunting story reckons with Korea's hidden past, weaving a narrative of profound love, enduring friendship, and the fragile beauty of life. *We Do Not Part* is a powerful testament to memory, offering a voice to those long silenced by history. 

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for the Scandinavian community on the Costa del Sol

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*HOW MUCH DATA IS YOUR CAR
GATHERING ABOUT YOU?*

VEHICLE FORENSICS

The next time you listen to your Spotify playlist, unlock your car with a key fob, or park your car in a public car park, take note. You could be helping to solve a crime, unravel a mystery, or determine the outcome of an insurance claim. These days, your car is much more than a vehicle that takes you from point A to B. It is a smart forensics expert that is consistently gathering data on your habits, preferences, and actions. It provides significant insight into your driving style, leisure-time habits, and even your state of mind!

WORDS **MARISA CUTILLAS**

DASH CAMS WITH DATA STORAGE CAPABILITY

If you drive a Tesla, BMW (with an Operating System 7 or later), or a Mercedes-Benz (with an MBUX infotainment system) then your dash cams could be doing much more than assisting with parking. They could be recording and storing footage

that could come in handy in the event of an accident. For instance, some BMW models can record footage using four cameras at once, saving up to 20 seconds of footage before and after collisions. Moreover, these cameras can capture images of other drivers and pedestrians that could assist

police investigations.

KEY FOBs

Key fobs, especially those with transponder chips, can store crucial information such as the Vehicle Identification Number (VIN), mileage, make, and model of vehicles. They can be used to determine if they are original

or stolen and provide data on a vehicle's last kilometre reading, fuel status, journey patterns, and recent usage. All this information can be useful for reconstructing events in accident investigations or insurance claims. In the case of stolen vehicles, examiners can determine which tools or techniques were used to bypass a vehicle's transponder system, which can help them track known criminal groups.

INFOTAINMENT SYSTEMS

Your car's infotainment system collects a vast amount of data that can be used by investigators, including your navigation history and GPS locations, call log and contact lists, SMS messages and e-mails, pictures and videos, social media feeds, Bluetooth device connections, and Wi-Fi connection history. Examiners use tools like iVe, which compiles all this data from your vehicle to discover everything from which doors were opened and closed at specific locations to where your vehicle was when it was connected to Bluetooth devices.

BLACK BOXES

Most current vehicles come with black boxes, also known



as Event Data Recorders (EDRs). In fact, some brands (including Ford, Toyota, Nissan, and Honda) have installed black boxes in their vehicles since the 1990s. The main role of this technology is to record the moments leading up to an accident to determine its cause and prevent similar events from recurring. Black boxes depict data such as vehicle speed at the time of an accident, brake application, airbag deployment, seatbelt use, steering angles, and other factors that occurred around 20 seconds before and after a crash.

ECALL UNITS

As of April 2018, all approved car models in the EU have eCall systems installed. Spain was one of the earliest adopters of eCall, which automatically contacts emergency services in the event of serious accidents. The system uses the standard EU emergency number (112), reducing emergency response

times by up to 40 per cent in urban areas and 50 per cent in rural areas. It aims to reduce road fatalities and improve overall road safety across the EU. In the area of forensics, eCalls are valuable because they transmit a wide range of data, including the exact time of the accident, precise GPS location of the vehicle, direction of travel, type of vehicle and fuel used, number of passengers, and vehicle identification number (VIN).

If you're wondering how investigators come to so many conclusions about how accidents occur, the answer could lie in the sophistication of current car forensics technology! Everything from infotainment systems to hidden black boxes is recording vital data about drivers' habits, whereabouts, and surroundings. Consider these technologies as handy allies that keep you and your vehicle safe from accidents and theft. 📍



Be prepared to be impressed by Zoco Home's recent transformation of a country villa. See what this month's Workspace Design Show in London has to offer. Check out a selection of luxury scented candles. Find out how to reduce age spots naturally, and why some dogs live longer than others.

lifestyle

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ZOCO CHIC

IN THE SPANISH COUNTRYSIDE

WORDS MICHEL CRUZ PHOTOGRAPHY COURTESY OF ZOCO HOME



A lounge with inspiring views

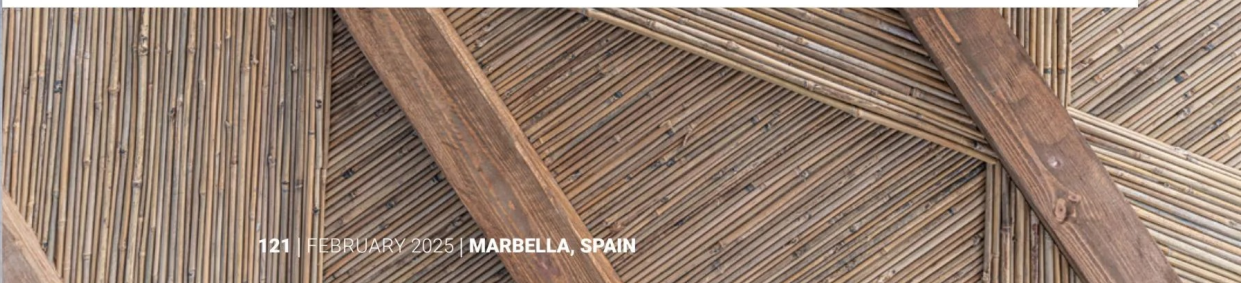


A home full of delightful design details

There are country homes and modern urban ones, Mediterranean styles and contemporary international trends. In this villa near Marbella, Zoco Home has created a timeless masterpiece that blends all these elements into one.

Styles have a way of changing through successive waves of trend, redevelopment, and on-going evolution. Quite often we circle back and draw inspiration from the past, and when you're dealing with modern architecture and interior design this often involves the period from Frank Lloyd Wright to

Mid-Century Modernism, as well as all the benefits that modern materials and technologies can offer. The Costa del Sol has also gone through recognisable stylistic waves, and most recently it's been influenced by Scandinavian concepts of design that blend contemporary comfort and convenience with natural, earth-toned materials. ›





Properties in the cities and along the residential areas of the coastal strip have been greatly influenced by this philosophy and the resulting aesthetic, but in our region rural properties still appear to lag behind in terms of renovation and modernising. For this reason, it is hard to find a country villa that lives up to the standards of those on the coast, much less one that offers today's levels of comfort combined with a contemporary interpretation of the Andalusian rustic home. People who love being surrounded by open space, fresh air, and gorgeous natural scenery therefore have to create their own stylish modern home, and this is where Zoco Home comes in. >



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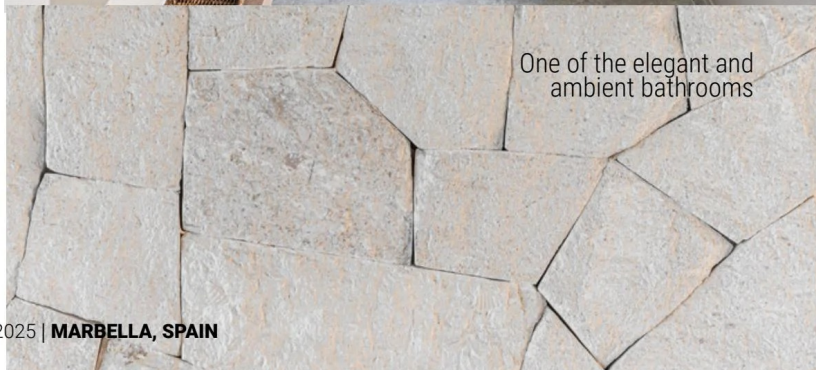
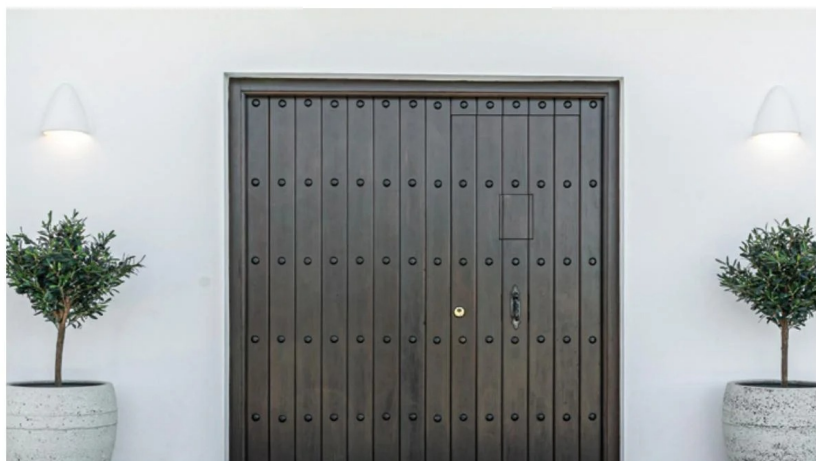
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TRANSFORMING A COUNTRY PROPERTY

The buyers of a charming country villa set roughly midway between Marbella and Málaga turned to the Zoco Home Interior Design Studio to convert it into something truly special. “They had a vision for the house but needed professional advice on how to put it together and take it even further,” says the interior designer on the Zoco Home team who headed up the project. “As is the case with many country homes, it had a lot of charm and potential but needed a complete renovation to bring it in line with today’s aesthetics, comfort, and functionality.” This involved not just technical and design skill but also the creative eye needed to envisage a completely new home.

“It began with imagining an entirely different internal distribution, something that was urgently needed since, as is common with country properties, the house was full of corridors and little rooms, which results in a great waste of space.” To open up space and facilitate a more comfortable lifestyle, the team of designers created an open plan layout from which the architectural restyling, the interior design, and the landscaping flowed. “Opening up the interior and letting natural light and views in through panoramic windows changed the whole feel of the villa, creating a sense of space and a modern way of living.”



One of the elegant and ambient bathrooms



Modern comfort full of character and charm



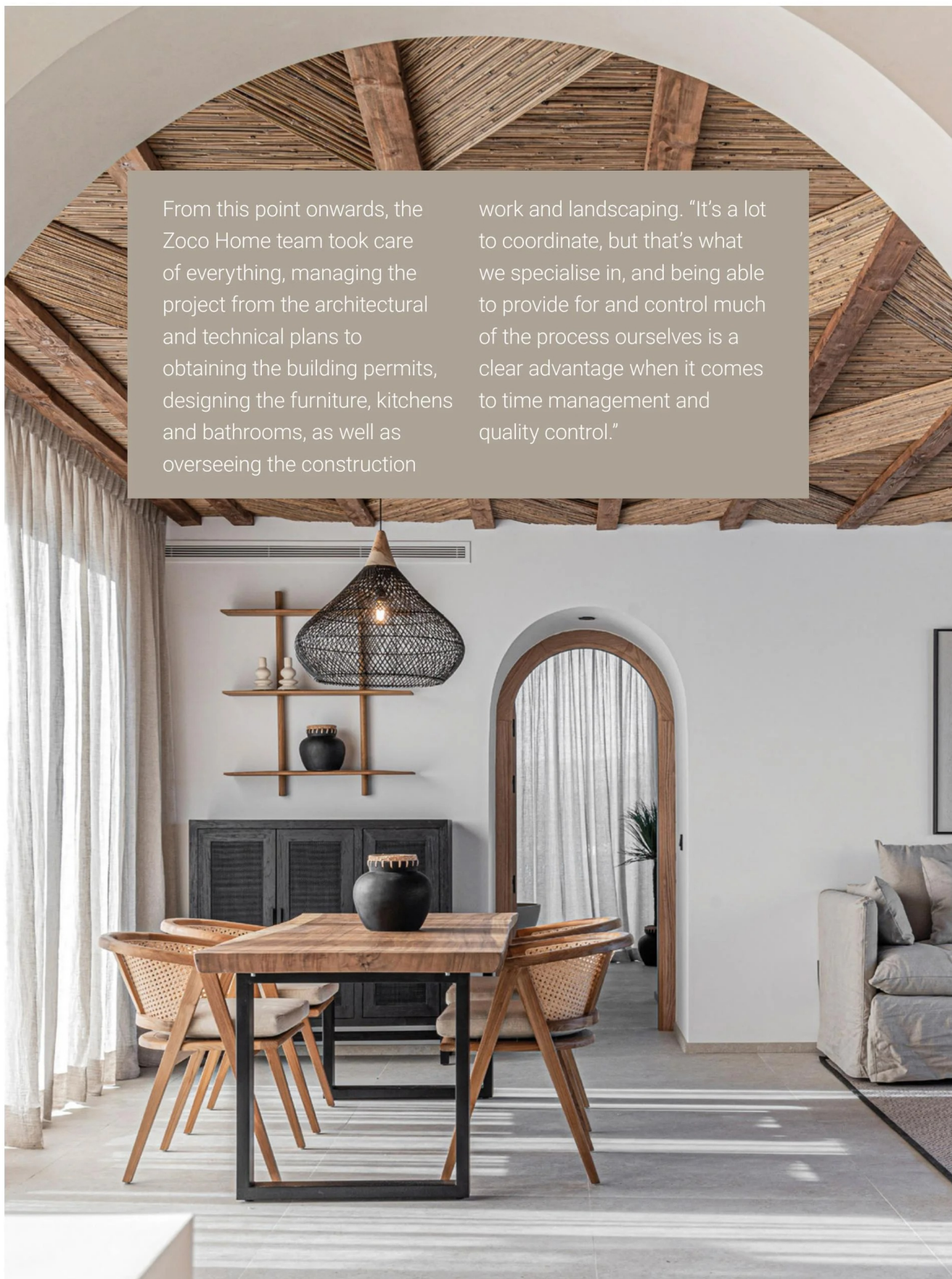
Practicality meets style and charm

The renovation project was designed and managed entirely by Zoco Home. The team set about producing a new floor plan and a mood board that showcased the ideas in terms of overall look as well as details such as the colour palette, materials, furnishing, and also the refurbished exterior and layout of the terraces and gardens. "The property has wonderful country views across a broad valley to mountain ranges, and we wished to highlight this aspect as much as possible and bring those views into the home and make them an integral part of life here. Therefore, we considered this when positioning furniture in the rooms, beds, sofas, and also the terraces, working hard to create cosy spaces with an easy flow between them."

The clients responded enthusiastically, encouraged also by the fact that Zoco Home specialises in providing bespoke solutions such as micro cement and made-to-measure furniture. ›

From this point onwards, the Zoco Home team took care of everything, managing the project from the architectural and technical plans to obtaining the building permits, designing the furniture, kitchens and bathrooms, as well as overseeing the construction

work and landscaping. "It's a lot to coordinate, but that's what we specialise in, and being able to provide for and control much of the process ourselves is a clear advantage when it comes to time management and quality control."





AMBIENCE

HOME DESIGN

AMBIENCEHOMEDESIGN.COM

By ANDREA BÖCK

A SEAMLESS BLEND OF MODERN AND COUNTRY STYLES

The style and philosophy of Zoco Home is perfectly suited to this kind of project, lending itself to homes that are sleek and modern, comfortable and fully up-to-date while also respecting and indeed celebrating the alluring Mediterranean architecture of this region of Spain. “We honoured this and in fact found inspiration in it, maintaining and in fact highlighting wonderful details throughout the house that complement the clean, sleek look of the renovation.” The latter has produced a contemporary country villa with all the mod cons, including open plan living spaces, panoramic windows, and a stylish kitchen

and attractive bathrooms.

The home has all the appeal of a Marbella villa, yet with the distinctive character of a country property. A touch of Ibiza chic combines with soft-angled micro cement walls, made-to-order kitchens and bathrooms, tasteful wood, stone, and tile detailing – as in the eye-catching lounge ceiling – to produce a villa of true distinction. The terraces have been designed, located, and finished in such a way as to continue the lifestyle appeal outdoors while making the most of those spectacular views, and the low-maintenance, drought-resistant garden provides the ideal setting for such a stand-out home. >

Zoco Home
has created
a timeless
contemporary
villa near Coin





A country property tastefully refurbished



Each of the bedrooms has a look and feel of its own

***DESIGNED AND
MANAGED ENTIRELY
BY ZOCO HOME***

"It helps that our interior designers have a whole catalogue of furniture and decorative items to choose from, ranging from beds, sofas, and wall units to soft furnishings, and though they decorated the home to the wishes of our clients, there was a final appraisal during which the owners could make the necessary tweaks and adjustments, so it was all just right."

This process of design, renovation, project management, decoration,

and detailed finishing has produced a timeless gem in a valley near Marbella that brings out the best in modern, Scandinavian-inspired form and Mediterranean country charm – setting a new standard of country properties in our region. 



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ACTIVATE YOUR SENSES AT THE WORKSPACE DESIGN SHOW IN LONDON

Great office design means so much more than having something beautiful to look at while you're working. Numerous studies have shown that it can improve employee productivity, help create a thriving corporate culture, and promote optimal mental health and well-being. And if one event is set to help companies achieve all these goals, it's the Workspace Design Show, the UK's leading annual exhibition of workplace interiors and design. It will be taking place from February 26 to 27, 2025 at the Business Design Centre in London. This year's edition will have an inspiring line-up of features, installations, and experiences, all united under the 'Activate the Senses' theme. >



WHAT IS THE WORKSPACE DESIGN SHOW?

Workspace Design Show is a must-addition to London's design calendar, attended by the region's top architects, designers, occupiers, developers, consultants, coworking companies, and fit-out companies. It's the platform to explore workspace innovation, unveil the latest products, and ignite your creative spark through thought-provoking talks and immersive programs. With a gathering of over 5,000 attendees, an awe-inspiring line-up of over 135 inspirational speakers, over 500 unique workplace products, and many exciting features and installations, it is an unmissable event. It not only keeps attendees abreast of new developments in design but also inspires them through experiential features brought to life by some of the region's most creative design minds.



124 | FEBRUARY 2025 | MARBELLA, SPAIN

“DESIGN CREATES CULTURE. CULTURE SHAPES VALUES. VALUES DETERMINE THE FUTURE.” ROBERT L. PETERS

***IMMERSE YOURSELF
IN SENSORY
EXPERIENCES***

One of the Workspace Design Show's undoubted highlights is its many sensory experiences. Here's a fraction of what you can expect to find:

**» THE OCCUPIERS FORUM
THEATRE DESIGNED BY
RYDER**

Ryder Interiors delivers creative, pragmatic design solutions inspired by each project's context and client aspirations. Its work shapes identity, enhances organisational culture, and fosters connections between people, brands, and spaces. For the 2025 edition of the Workspace Design Show's Occupiers Forum, the Ryder team draws inspiration from the coast, exploring how sensory experiences evoke memories and emotions. Embracing sustainability, it transforms ocean plastic waste into a unique material palette, reflecting the beauty

and fragility of marine environments. Through this innovative approach, it highlights the interplay of design, sustainability, and the sensory power of nature to create meaningful, purposeful spaces

**» VISITORS LOUNGE
DESIGNED BY M MOSER
ASSOCIATES**

Experience the future of workplace design at the Workspace Design Show with Reclaimed, M Moser's lounge and bar. This unique space transforms surplus materials into a sensory environment, providing a space to touch down as you spend your day at the show and transforming into the perfect place to host drinks for the WDS party.

Brought to life with partners including Andreu World (sofas, tables), Atrium (lighting), Blast Studio (waste material furniture and lighting), EcoScent (fragrances),

Ege Carpets (flooring), Modus (chairs, stools, tables), Oasis (planting), OSOL (wireless chargers), Planq (tables, chairs), and Smile Plastics (tables), the design showcases sustainability, creativity, and functionality. "Our goal is to spark inspiration through environmentally considered design," says designer, Martina Bazzoni. Visit Reclaimed to explore innovative, sustainable workspaces.

**» SENSORY INSTALLATION
DESIGNED BY MATERIAL
BANK**

Stop by Stand G6 to experience the Material Bank Library, where a curated selection of luxurious textiles and sustainable surfaces awaits. This tactile, interactive installation allows attendees to explore materials up close, offering expert advice and inspiration to elevate workplace projects. ›

**» MOOD BOARD CONTEST AREA
DESIGNED BY PELDON ROSE**

The ever-popular Mood Board Contest returns, inviting participants to dive into workplace design through a personal exploration of materials, textures, and colours. As the official Mood Board Contest Partner for 2025, Peldon Rose will design an environment for the contest to engage participants and experience workplace design through a personal exploration of materials, textures, and colours. This contest is also being sponsored by Texfel.

**» THE ENTRANCE TO
THE SHOW DESIGNED BY
SHEPPARD ROBSON**

Creating an inviting and immersive sensory arrival experience at the Workplace Design Show, envisioned by ID:SR Sheppard Robson. The journey through the illuminated natural timber portal, woven together with the kinetic energy of light, celebrates the importance and life cycle of the elements. The visitor is guided through an immersive zone with silhouetted forms playfully animating luminous screens. Reflective surfaces, natural textures and form are a celebration of the life cycle and value of things. It's not just what you see; the importance of well-being and feeling are also expressed. Like walking through a digital garden, the experience is a dance for the senses, offering a glimpse into the evolving world of a truly hospitality-focused workplace experience. Step forward and

encounter the potential opportunities and benefits of holistic immersive design.

**» GALLERY BAY – SENSE
OF PLACE DESIGNED BY
HOARE LEA**

People make around 35,000 daily decisions, but how many choices are we conscious of making? Hoare Lea's mixed-media showcase explores how different sensory environments can impact our mental and physical well-being and what we can do to regain agency and health amid the bustle of everyday life.

**» WORKSPACE DESIGN
TALKS LOUNGE
DESIGNED BY GENSLER**

The conference lounge, designed in partnership with Gensler, will feature some of the commercial interior design industry's most inspiring and creative leaders exploring the latest trends and insights in workplace design, strategy and culture.





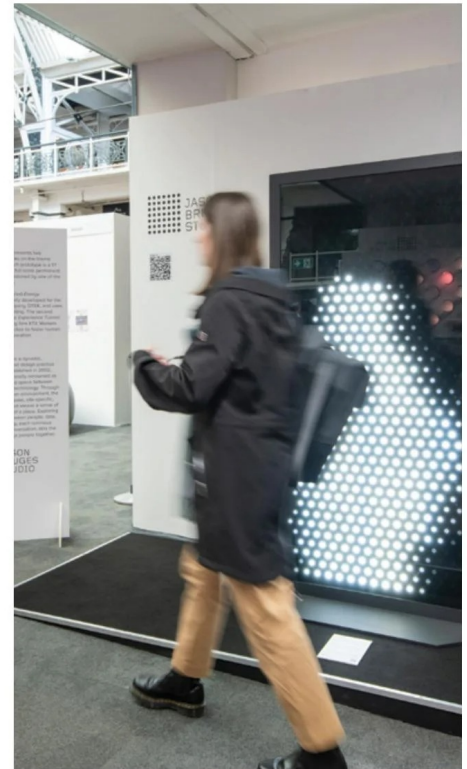
THE MUST-VISIT TALKS PROGRAMME

The Workspace Design Show has an impressive line-up of the design industry's most inspiring and creative leaders. Its Workspace Design Talks programme features senior figures from the worlds of architecture and design such as Alessandro Ranaldi (Partner, Head of Workplace Consultancy, Foster + Partners), Helen Berresford, (Head of ID:SR at Sheppard Robson), Adrienne Lau (Senior Associate, Heatherwick Studio), Cristiano Testi (Principal Director, tp bennett), and Angela Bardino (Senior Associate Director–Interiors, Jacobs).

A range of other real estate professionals will also be speaking

during the two days of Workspace Design Talks, exploring the world of workplace culture and design. Bringing yet further rigour to proceedings are Jan Jaap Boogaard (Head of EMEA Workplace Advisory, Colliers), Guzmán de Yarza Blache (Head of Workplace Strategy Consulting, JLL), and Louise Sheppard (UK Head of Workplace Services & Social Sustainability, Zurich). Expect a number of topics discussed to reflect the 'Activate the Senses' theme, which explores how multisensory, immersive environments aid well-being, productivity, and engagement in the workplace. Other sessions will focus on topics like AI, diversity, building a community within, and data-driven decision-making in design. ›





The Sustainability Talks series also returns for 2025, bringing together a selection of key figures behind the workplace market's leading sustainable initiatives and projects. Confirmed speakers include Steve Wright (Global Director of Design and Change Management, GSK), Adam Strudwich (Principal, Perkins&Will), and Jeremy Myerson (Professor Emeritus, Royal College of Art).

Visitors to the Workspace Design Show will also have the opportunity to once again attend the Occupiers Forum: The View From HQ. Hear invaluable client-side insights on the future workplace experience, and how to create

workplace environments that engage with employees from companies such as WPP, Sanofi, Reckitt, BUPA, Barclays, dwp, LSEG, and E.ON.

Completing the programme, the Finishes & Interiors Sector (FIS) Conference returns to the show. This not-for-profit representative body for the finishes and interior sector in the UK will once more offer a series of panel discussions revealing the latest trends and insights in the fit-out industry.

As a whole, the speaker programme at Workspace Design Show unites leading architects, designers, real estate professionals, tenants, and industry professionals for another year of thought-

provoking discussions about the latest trends and insights in workplace design, strategy, and culture.

Whether you're exploring new designs for your workspace, engaging in inspiring talks, or participating in the many interactive installations, the 2025 edition of Workspace Design Show is for everyone who is passionate about innovative design. Be there to witness it all from February 26 to 27, 2025. Spread the word and bring your coworkers along.

**TO REGISTER FOR A
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CO.UK](http://WWW.WORKSPACESHOW.CO.UK)**



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Bach Mai's Ready-to-Wear SS25 collection captures the season's romantic spirit with its stunning shades of red. From fiery crimson to soft scarlet, the collection's dresses exude confidence, allure, and timeless elegance. Perfectly tailored and impossibly chic, these bold designs celebrate love, passion, and the beauty of modern femininity. For those looking to turn heads this Valentine's, Bach Mai has delivered a collection to fall in love with.



SPIRIT OF LOVE

BACH MAI SS25
READY TO WEAR

DISCOVERED BY **MADDIE QUINN** PHOTOGRAPHY **IMXTREE**





BACH MAI
www.bachmai.com



LUXURY CANDLES

TO PAMPER YOUR SENSE OF SMELL

If you are into luxury perfumes from brands like Diptyque, Byredo, or Maison Francis Kurkdjian, chances are, you are also a lover of the exquisite candles made by these houses. While many of these candles can cost a few hundred euros or more, they have one advantage that even the best perfume bottles don't: amazing longevity. Many last from 50 to 100 (or even more) hours, filling your home with seductive fragrances made with top-grade essential oils. When choosing candles for your home, we suggest soy-based varieties that do not contain paraffin, since the latter can worsen your indoor air quality. Take your pick from this selection:

CHATTERBOX BY MARISA BUTILLAS



LITO BY L'OBJET

The Lito candle exudes luxury in a handcrafted porcelain vessel, accented with 24-carat gold leaf and crowned by a striking resin eye — a signature talisman from Greek jeweller, Lito Karakostanoglou. The candle's captivating blend of vetiver, citrus, and moss, crafted by perfumer Yann Vasnier, fills the air with a warm, woody allure.

| WWW.EU.L-OBJET.COM

SE POI – TRA I FIORI DÉCOR – GIARDINO SEGRETO FRAGRANCE BY FORNASETTI

Piero Fornasetti was an Italian artist who shone in the worlds of design, decoration, painting, and printing. He is known for his obsession with the face of a woman he didn't know. Her image is featured on this candle, which boasts fresh, green notes.

| WWW.FORNASETTI.COM





1- BACCARAT ROUGE 540 BY MAISON FRANCIS KURKDJIAN

Baccarat Rouge 540 is arguably one of the most groundbreaking fragrances of our time, with its combination of saffron, jasmine, amber, fir resin, sugar, and ambroxan.

| WWW.FRANCISKURKDJIAN.COM

2 - MIMOSA BY LOEWE

Part of the LOEWE Home Scents Textura collection, the Mimosa scented candle comes in a ceramic vessel with an artisanal glaze. It has floral notes inspired by the Acacia dealbata – an evergreen tree that is native to Australia, as well as aquatic and fruity notes.

| WWW.PERFUMESLOEWE.COM

3 - REPLICA BY THE FIREPLACE BY MAISON MARGIELA

If you love the smell of roasting chestnuts and burning logs in a fireplace, then you'll swoon over the cosy sensations of this special candle, which seeks to recall the atmosphere of a winter evening by the chimney.

| WWW.MAISONMARGIELA.COM

4- SE POI – FARFALLE E BALAUSTRÀ DÉCOR – GIARDINO SEGRETO FRAGRANCE BY FORNASETTI

This stunning nature-inspired candle contains an irresistible blend of myrrh, sandalwood, and ebony.

| WWW.FORNASETTI.COM

5 - CYRNOS BY TRUDON

An iconic candle that is made in Normandy with Mediterranean aromas such as lemon, myrtle, and thyme, and complemented by gentle notes of black fig and lavender.

| WWW.TRUDON.COM

6 - BAIES BY DIPTYQUE

A minimalistic yet beautifully designed candle that features the cool, tangy scent of blackcurrant berries blended with lively, flowery accents of rose.

| WWW.DIPTYQUEPARIS.COM



HOW TO REDUCE AGE SPOTS NATURALLY

Let's face it: no one wants to get older. But, we don't have a lot of choice in the matter. If you're noticing the dark blotches and sun spots that come with a life lived fully, there are a few methods you can use to reduce age spots, and possibly eliminate them altogether.

» LEMON JUICE

That same citric acid that gives lemon juice its tart taste also works as a bleaching agent for the skin (and makes you smell lemony fresh!). Try mixing lemon juice, sugar, and olive oil together to make an all-natural scrub for use on age spots and blemishes. Let the scrub absorb for five minutes before rinsing with cold water.

You may also apply lemon juice directly to the affected areas and wait 30 minutes before rinsing with cold water. If you have sensitive skin, you'll want to dilute the juice with water prior to applying. Follow this routine twice a day, and you should begin to see results in a month or two.

WARNING: Lemon juice will make your skin more sensitive to the sun, so be sure to finish this treatment and rinse your skin well before going outside.



» CASTOR OIL

Yes, you can get castor oil that doesn't smell terrible. Derived from castor beans, this oil is known for combating the signs of ageing. Simply apply castor oil directly to your age spots and massage into the area until absorbed. For extra hydration, or if you have dry skin, add a little coconut oil into the mix. Do this twice a day, and you'll begin to see results in a month.

» ALOE VERA

It's common knowledge that aloe vera is good for burns and hydration. But did you know aloe vera has powerful healing properties and aids in skin regeneration? This plant is great for eliminating brown spots, especially those caused by sun exposure.

Fresh aloe gel is the best, but if it's not readily available, you can use aloe vera juice sold in stores. Apply the gel (or juice) to age spots, allow to rest for 30 minutes and rinse with cool water. Again, use this technique twice a day and you should notice improvements within a month.

» SANDALWOOD

Here's another natural solution that'll leave you smelling great! Sandalwood is an anti-ageing agent and antiseptic that helps reduce hyperpigmentation (aka brown spots). There are three approaches you can take when using sandalwood for anti-ageing purposes.

- Combine two tablespoons of sandalwood powder, two teaspoons of rose water, and one teaspoon each of glycerin and lemon juice. Apply the tincture and allow to dry. Wash off with cold water. Repeat a few times a week until your brown spots disappear.
- Mix one tablespoon of orange juice, one teaspoon of lemon juice, and the contents of two vitamin E capsules into two tablespoons of sandalwood powder. Smear paste onto age spots



and leave it on for about half an hour before washing off. Do this a few times a week until you see an improvement.

- Massage the affected area with a few drops of sandalwood oil mixed into one tablespoon of olive or almond oil. Apply at bedtime and allow to absorb overnight.

Follow this regimen and you should see a noticeably different appearance of age spots in as little as six weeks.

» PAPAYA

This tropical fruit contains enzymes that help to reduce the appearance of age spots and blemishes. However, some people with sensitive skin may have an allergic reaction to treatment with papaya. It's recommended that you do a 24-hour patch test prior to slathering up. If you're good to go after a day, make a paste of raw papaya and rub onto your skin. Wait 20 minutes and then rinse with cool water. If done twice a day, you should begin to see results in two months.

WWW.BAPTISTHEALTH.COM



WHY DO SOME DOGS LIVE LONGER THAN OTHERS?



WORDS **MARISA CUTILLAS**

“DOGS’ LIVES ARE TOO SHORT. THEIR ONLY FAULT, REALLY.”

AGNES SLIGH TURNBULL

Anyone who has ever loved and lost a dog knows that they are part of the family... and that means that their loss can represent a profound change in our lives. Things somehow aren't the same without the pitter-patter of paws on the floor, daily walks to the park, and comical moments filled with innocence and unconditional love. It makes one think about how short dogs' lives are and occasionally leads to musings such as "Where can I find a dog that lives 'eternally', or at least as long as a tortoise?" It also makes one wonder about how dogs such as Bluey (the oldest dog in the Guinness Book of World Records) managed to live over 29 years. A dog that lives to 100 may not have walked the earth yet, but we do know a bit about longevity and the factors that contribute to it.

LIFESPANS VARY

A team from welfare charity The Dogs Trust examined the records of hundreds of thousands of dogs, finding that smaller dogs with long noses such as whippets or miniature dachshunds live the longest (around 13.3 years). Meanwhile, medium-sized flat-faced dogs such as English bulldogs have the lowest lifespan. Dogs live an average of 12.5 years, with female dogs living slightly more than male dogs (with a median life expectancy of 12.7

years vs. 12.4 years). One surprising finding was that pure breeds had a higher life expectancy than cross-breeds (12.7 years vs. 12 years).

Below are the 10 dog breeds with the shortest average lifespan:

- » Caucasian Shepherd (5.4 years)
- » Presa Canario (7.7 years)
- » Cane Corso (8.1 years)
- » Mastiff (9 years)
- » Affenpinscher (9.3 years)
- » Bloodhound (9.3 years)
- » Neapolitan Mastiff (9.3 years)
- » St Bernard (9.3 years)
- » Bulldog (9.8 years)
- » French Bulldog (9.8 years)

And these are the 10 breeds with the longest average lifespan:

- » Lancashire Heeler (15.4 years)
- » Tibetan Spaniel (15.2 years)
- » Bolognese (14.9 years)
- » Shiba Inu (14.6 years)
- » Papillon (14.5 years)
- » Havanese (14.5 years)
- » Schipperke (14.2 years)
- » Lakeland Terrier (14.2 years)
- » Coton de Tulear (14.2 years)
- » Border Terrier (14.2 years)

Clearly, breed and size are two of the most relevant factors in determining how long a dog will live. This is because some breed-specific health conditions can significantly impact canine health. ›



For instance, larger breeds such as Great Danes or Mastiffs are sometimes affected by heart conditions like dilated cardiomyopathy, while smaller breeds like Dachshunds may battle issues like intervertebral disc disease. Genetics can also impact a dog's resistance to disease and affect the way they age. Having said that, responsible breeding practices such as screening for hereditary diseases, prioritising health over appearance, and avoiding inbreeding can mitigate many problems.

NUTRITION MATTERS

The lifestyle and environment owners give their dogs can also play a key role in expanding or reducing their lifespans. For instance, dogs fed a balanced, high-quality diet have a better chance of living a longer, healthier life. When choosing food for your dog, go with vet-recommended brands.

Supermarket brands are much lower in price, but they contain high levels of fillers like maize, as well as unhealthy fats, and poor- or low-quality protein. When reading dog food labels, read the first five ingredients listed, as they are present in the largest proportion. One of the best brands out there is Orijen, which has fresh or raw animal protein among its first five ingredients and makes food with at least 85% high-quality animal ingredients. Other well-reviewed brands include Royal Canin, Forthglade, and Open Farm.

STAYING ACTIVE

Regular exercise is another key factor in helping dogs live long, as it keeps their heart, muscles, and joints healthy and can help reduce anxiety or destructive behaviours. The amount of exercise a pooch needs varies according to their state of health and age, so once again, let your

vet lead the way to strike the perfect balance between activity and rest.

PREVENTIVE HEALTHCARE

One of the most important ways to boost your dog's lifespan is to ensure they see their veterinarian regularly. Routine check-ups allow veterinarians to detect and treat health issues early. Vaccinations, parasite prevention, and dental care are also vital. Periodontal (gum) disease, for instance, is a common issue in dogs that can lead to more severe health problems such as heart and kidney disease. You can help maintain your dog's oral health by brushing their teeth and gums regularly.

Finally, don't forget to give your dog lots of love, time, and care. If dogs are anything like humans, knowing someone cares for them goes a long way in terms of health, happiness, and wellbeing. 🐾



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Take a look at Precious Benalus, a lifestyle masterpiece on the heart of Marbella's Golden Mile. Get the lowdown on what's possible with voting proxies for community meetings. Keep up-to-date with all the recent news from the local business scene.

enterprise

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A LIFESTYLE MASTERPIECE PRECIOUS BENALÚS

WORDS MICHEL CRUZ PHOTOGRAPHY COURTESY OF ENGEL & VÖLKERS MARBELLA

Engel & Völkers have brought many outstanding projects to the Marbella market, but Smadar and the team are understandably proud to present Precious Benalús – a privileged project of ten residential masterpieces on the Golden Mile.



The sumptuous intimate spa and wellness area



BOUTIQUE LIVING STEPS FROM THE BEACH ON MARBELLA'S GOLDEN MILE

The naming of Precious Benalús was inspired by a combination of factors. To start with, a wonderful location near the beach in Marbella's finest address, the Golden Mile. In fact, this boutique community of just ten apartments and penthouses is one of only a very small number of exclusive complexes that have been built in this part of the coast over the past 20 years.

Indeed, a setting near the beach here is gold dust and highly sought after by a HNW international clientele, so the developers of Precious Benalús have done the location proud by creating a project that is truly worthy of it. This boutique complex blends carefully curated architectural design and

landscaping with a new level of communal areas, parking facilities, and a state-of-the-art spa – all set within a very private living environment.

Precious Benalús is the culmination of a journey of 15 years of boutique development in one of the most exclusive locations in Spain, in fact the entire Mediterranean region. It is the final project of its creators in this emblematic setting, and one that contains all the combined experience, know-how, and creativity of previous projects, making this the masterpiece in the collection.

A CONCEPT OF TRUE LUXURY

This prime residential complex in a top location celebrates a fresh concept of luxury living as embodied in ten top-tier homes that are designed and built from the perspective of a carefully

selected collection of works of art. Indeed, the creation of Precious Benalús has been approached as a curated piece of art conceived and styled to offer superlative comfort and wellbeing in harmony with its setting and views.

The concept extends beyond the community, grounds and the homes themselves to also include bespoke services, personalised experiences, and attention to detail in all spheres. Precious Benalús offers peace and privacy at the heart of Marbella, just a stroll from the beach and the coastal pathway 'Paseo Marítimo' that leads to Puerto Banús, San Pedro de Alcántara, and Marbella town, passing along the way nearby icons of luxury such as the Marbella Club Hotel, the Puente Romano Beach Resort, and the Melía Don Pepe. ›



Luxurious bathrooms in the finest materials

A PRIVATE RESORT

Surrounded by all this, Precious Benalús is an oasis within an oasis, a private resort within a five-star destination. Here, a private home comes accompanied by resort-style amenities and services, the latter including an exceptional selection of concierge options. Add to this the finest architectural and interior styling, dressed in high-quality materials, modern technology and beautiful gardens, and a level of on-site service and maintenance aimed to create a living environment that surpasses current expectations.

The resort community incorporates a beautifully designed and finished private spa with a hydro-massage pool, professionally equipped gym, sauna, and chill-out areas that offer atmospheric settings in

which to relax, socialise, and take in the opulent gardens and the beauty of the surroundings. 24-hour manned security and on-site management service ensure a five-star deluxe experience from the moment you arrive to when you leave the property in curated hands.

FIVE-STAR DELUXE HOMES

In such an environment, the properties themselves can't be anything but spectacular, and they are, featuring tasteful contemporary design with a timeless quality, a generous distribution of space and light, carefully selected materials, and top-quality finishes, where artistry merges with the latest technology to offer a lifestyle of seamless style, comfort, and inspiration. Innovative luxury is visible throughout the 473m² penthouses that feature three spacious and opulently

appointed bedroom suites, expansive terraces, and an impressive solarium with sea views and a private outdoor plunge pool.

This is a new level of luxury that matches the very best on a global standard, building on an incomparable setting where the sea, sky, and horizon merge with your plunge pool. The lush garden terrace of the 314 to 510m², three and four-bedroom ground-floor apartments and duplexes similarly lie ensconced in a world of blue and green, while the 190 to 375m², three-bedroom apartments offer spectacular mountain and sea views. This broad choice of homes gives Precious Benalús a very personal feel where each and every one of the ten, off-plan properties has a character and ambience of its own – not to mention sea views from every home.

There is no doubt that the location, quality, and style of this outstanding boutique complex on the Golden Mile will draw you in. In fact, the only problem is you may never want to leave.

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business news

COMPILED BY MARISA CUTILLAS



San Miguel Beer and Antonio Banderas Partner to Boost Málaga's Cultural and Hospitality Scene

The iconic beer brand, San Miguel, has joined forces with Antonio Banderas to promote Málaga's cultural and hospitality offerings. In an event held at the Málaga brewery where San Miguel is produced, the agreement was announced, designating the brand as the official sponsor of the Teatro del Soho CaixaBank and Sohrlin Andalucía. These projects, initiated by Antonio Banderas, have placed Málaga and Andalucía at the forefront of the performing arts in Spain. Sohrlin Andalucía is a space for creation, research, and training in the field of performing arts and entertainment, founded by Antonio Banderas and renowned producer, Domingo Merlín.

WWW.MAHOU-SANMIGUEL.COM



RH Privé Reaps Major Success in 2024

RH Privé, a leading eco-luxury housing developer on the Costa del Sol, enjoyed great success in 2024, with a 214 per cent increase in revenue. Since 2015, the company has maintained exponential growth, even during the pandemic. In 2024, RH Privé continued developing a new phase of its flagship project, Carat, located in the heart of Reserva del Higuerón. The company also launched two new projects, completed additional constructions, and unveiled an exclusive interior design project in collaboration with the renowned design studio Pininfarina, which resulted in two unique penthouses on the Costa del Sol. Several more developments and phases were fully sold, including Pine Valley Villas in Mijas Costa.

| WWW.RHPRIVE.COM



The Academia Gastronómica de Málaga Celebrates Its Annual Gala

The Academia Gastronómica de Málaga (Gastronomic Academy of Málaga) recently celebrated its annual gala, honouring the province's best restaurants and professionals. The event took place at the Gran Hotel Miramar, bringing together authorities, academics, and notable figures from Málaga's gastronomic scene. This year's award winners include Ta-Kumi Marbella, Asador El Puerto, and Finca La Torre.

| WWW.ACADEMIAGASTRONOMICA.COM



Eva Longoria and Maria Bravo Feature in Marbella's New Tourism Campaign

Marbella shone at FITUR 2025 with an exciting new promotional campaign featuring renowned actress, director, and activist, Eva Longoria, and entrepreneur and philanthropist, Maria Bravo. The initiative was unveiled at an exclusive cocktail event at the Reina Sofía Museum. Marbella's Mayor, Ángeles Muñoz, stated, "The 2025 tourism campaign launched at FITUR is closely tied to Maria Bravo, who embodies the image of Marbella that we aim to project." She thanked Bravo and her team for their dedication and effort in bringing this collaboration with Eva Longoria to life.

WWW.GLOBALGIFTFOUNDATION.ORG



Vithas Xanit Advocates for Accident Prevention in Children

The Vithas Xanit International Hospital recently held an educational session at the Salliver Early Education Center in Fuengirola, focusing on accident prevention for children. The event, led by paediatrician Florencia Silvestrini, was aimed at parents. Dr. Silvestrini explained that accidents are among the top three causes of death in children under 14, and in most cases, they are preventable. "This highlights the importance of understanding the causes and fostering collaboration between parents, families, and paediatricians," she stated.

| WWW.VITHAS.ES



Classic and Sportscar Club Spain Restarts Longer Tours

The members of the Classic and Sportscar Club Spain are proud to announce that they will be restarting their longer car tours after a hiatus of over a year. The first event will be a four-night run starting in the Marbella area on Tuesday, February 25 and finishing in Tarifa on Saturday, March 1. The route will include two nights in Jerez, two nights near Tarifa, and a full day and dinner party in Tarifa. The entry fee is €375 per person, assuming two people will be sharing accommodation. This will include two gala dinners with wine, a Cava reception, bed-and-breakfast, and secure parking.

FOR FURTHER INFORMATION OR
TO RESERVE YOUR ENTRY, PLEASE
CONTACT CSCCSPAIN@GMAIL.COM



Marinas de Andalucía Strengthens Its Commitment to Sustainability Through Its Online Training Program

The Association of Marinas and Tourist Ports of Andalusia, Marinas de Andalucía, continues to advance its mission of promoting sustainability in marina management through its online training program, developed in collaboration with the environmental consultancy firm, Sfera. Its most recent course, 'Sustainability in Marinas: Towards a New Ecological Horizon', was designed to provide marina managers and staff with the tools they need to implement environmentally friendly practices and minimise the environmental impact of daily marina operations. The session lasted 30 minutes, followed by a 15-minute Q&A and discussion segment, dedicated to the exchange of ideas and practical solutions.

| WWW.MARINASDEANDALUCIA.COM



MHNA Inheritance Crime Consulting Launches

MHNA Inheritance Crime Consulting is now open for business to people in any jurisdiction who wish to fight inheritance crime. Although the firm also assists clients with civil matters, its speciality is the criminalisation of inheritance crime. MHNA identifies, investigates, examines, and pursues inheritance crime.

| FOR FURTHER INFORMATION, CONTACT@
| INHERITANCECRIME.COM

Minimally Invasive Hip and Knee Prostheses at the Vithas Xanit Estepona

The Vithas Xanit Estepona Hospital is renowned for its expertise in the implantation of hip and knee prostheses using minimally invasive techniques. These procedures allow patients to regain mobility quickly and effectively alleviate pain. They are performed by Dr. Joris van der Lugt, a specialist in orthopaedic surgery and traumatology who has trained numerous surgeons in Spain in his methods. "With these procedures, patients stay in the hospital for just one night, get out of bed the same day as the surgery, and start using two crutches immediately. By the next afternoon, they are ready to go home," explains Dr. Van der Lugt.

| WWW.VITHAS.ES



The METT Hotel & Beach Resort Marbella Estepona Reopens in March

The five-star METT Hotel & Beach Resort Marbella–Estepona, part of the Sunset Hospitality Group, will reopen its doors on March 28, 2025 for a new season. Seamlessly blending style, design, relaxation and gastronomy, the METT is home to 249 elegantly designed rooms and suites. It also entices guests with its Azure Beach Club, MOI spa, RAISE Fitness & Wellness, and a rich dining scene showcasing the vibrant flavours of the Mediterranean.

| WWW.METTHOTELSANDRESORTS.COM





42 Málaga Hosts the Global Game Jam

The Global Game Jam, the world's largest gaming event, brought together more than 450 designers and developers, who accepted the challenge of creating the best game in the world in just 48 hours. The in-person event took place at 42 Málaga, the free programming campus supported by Fundación Telefónica in collaboration with the Andalusian Regional Government, Málaga City Council, and the Provincial Government of Málaga. The Global Game Jam (GGJ) 2025, the world's largest and most collaborative video game development event, took place in a hybrid format across various cities worldwide, uniting thousands of creators to design innovative games.

| WWW.GLOBALGAMEJAM.ORG



Rotary Club Marbella – Guadalmina Unveils a Plaque at Afesol, Estepona

Martin Nathan, President of Rotary Club Marbella-Guadalmina, together with members of the Projects Team, visited Afesol in Estepona to unveil a plaque commemorating Rotary's contribution to the charity. An additional amount of €3.000 was donated to the association from the proceeds of the recent President's Cup Golf Tournament. Afesol (The Association of Relatives and People with Mental Illness of the Costa del Sol) is a non-profit association founded in September 1999.

| WWW.MARBELLA-GUADALMINA-ROTARY.CLUB



The 18th Annual Vaccination Symposium Takes Place in Málaga

The Paediatric and Neonatology Service of the Quirónsalud Málaga Hospital and the Uncibay Paediatric Group, led by Dr. Manuel Baca, recently hosted the 18th Vaccination Symposium at the Barceló Málaga Hotel. The event addressed advancements and challenges in disease prevention among the paediatric population. It focused on the current state of respiratory diseases in paediatrics, along with advancements and challenges for the near future. Key topics included the impact of viruses like influenza, the respiratory syncytial virus (RSV), and the human metapneumovirus (HMPV), which have heightened the strain on healthcare services and families during winter seasons.

| WWW QUIRON SALUD.COM

Málaga to Host Sixth Edition of Small Satellites & Services International Forum

The international space and satellite sector will convene once again in Málaga with the return of the Small Satellites & Services International Forum (SSSIF), to be held from February 18 to 20 at the NH Hotel in Málaga's city centre. The event will consolidate Málaga's reputation as a leading European premier meeting point. It will gather over 175 companies and around 420 researchers and experts from more than 20 countries, including participants from organisations like NASA, ESA, AEE, and the Spanish Air and Space Force's Space Command.

| WWW.SSSIF.COM



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See the Emperor Tamarin Monkeys at Bioparc Fuengirola

Bioparc Fuengirola is currently home to a group of tamarin monkeys, which symbolise the rich biodiversity of South America's tropical forests and the importance of conserving these ecosystems. Sadly, massive deforestation, habitat fragmentation, and the illegal trade of exotic species are constant threats to this species. Conservation centres like Bioparc Fuengirola are helping to ensure the emperor tamarin's survival through captive breeding programs and environmental education. They aim



to secure the future of this charismatic species while raising awareness about the challenges faced by tropical forest species.

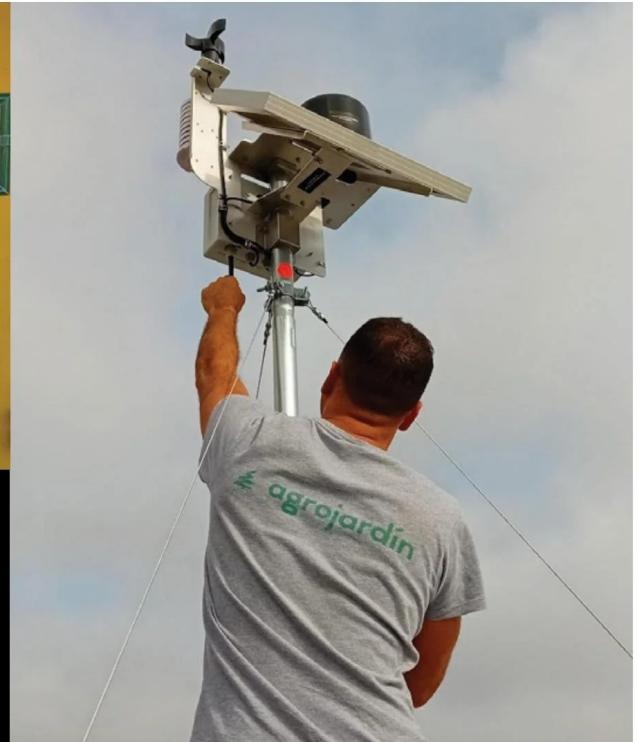
| WWW.BIOPARCFUENGIROLA.ES



The British Society International Club Makes Donations to the Cudeca Foundation and Age Concern

The British Society International Club recently donated monies to the Cudeca Hospice Foundation and Age Concern, reaffirming its commitment to local social organisations. Cudeca received a little over €87.000 (from the sale of a property owned by the British Society International Club) while Age Concern received a total of €54.000. The generous donation demonstrates the strong commitment of the foreign community to non-profit organisations in the province of Malaga. The Cudeca Hospice currently cares for and accompanies more than 1,900 people with cancer and other advanced illnesses each year and offers support to their families, completely free of charge.

| WWW.CUDECA.ORG



Agrojardín Urges Authorities to Increase the Use of Recycled Water for Irrigation

In its commitment to sustainable gardening and environmental responsibility, Agrojardín has launched a campaign to promote the use of recycled water to irrigate green spaces, parks, gardens, and woody crops. The company has called upon relevant authorities to expedite the bureaucratic processes required to implement this initiative. Antonio Bazán, CEO of Agrojardín Group, emphasised the importance of using treated and recycled water responsibly, stating, "This water should be utilised for our gardens, parks, cleaning, and many other non-toxic uses that pose no risks."

| WWW.AGROJARDIN.COM



Official Presentation of the Seventh Edition of Chefs for Children

Chefs for Children, a yearly event that brings famous chefs and children together for a good cause, recently held the official presentation of its seventh edition in Madrid. The event was attended by renowned chefs, as well as representatives of DiabetesCERO and sponsors and collaborators of the events. DiabetesCERO is a leading Spanish foundation dedicated to research to find a cure for Type One diabetes. This autoimmune disease appears during childhood and it currently has no cure. Its rate has continued to grow over the years. Currently, between 1,200 and 1,500 children under 15 are diagnosed every year.

| WWW.CHEFSFORCHILDREN.ES



The Yusuf and Farida Hamied Foundation Arrives in Spain

The beginning of the year marked a milestone in Spain's humanitarian and cultural landscape: the official arrival of the Yusuf and Farida Hamied Foundation, which aims to improve access to healthcare and provide direct care and support to patients and families facing severe illnesses. The Foundation is also committed to advancing research and specialised training, ensuring a lasting impact on the quality of healthcare services. Since 2004, The Hamied family has supported a range of health-related charities in Spain, including Concordia (dedicated to AIDS prevention and support) and Cudeca (which helps patients with cancer and their families).

| WWW.CUDECA.ORG



For those involved in community meetings, understanding the regulation regarding voting proxies in General Assemblies – whether ordinary or extraordinary – could be essential.

WORDS **JOSÉ LUIS NAVARRO**

UNDERSTANDING VOTING PROXIES IN COMMUNITY MEETINGS

The Horizontal Property Law (LPH) clarifies this in clause 15, which states: 'Attendance at the General Proprietors Meeting may be personal or by legal or voluntary representation, with a simple written document signed by the proprietor being sufficient to certify representation.'

Many questions can arise from this regulation. Below, we

address ten common doubts to provide clarity.

- 1.** Can a proxy be given to someone who is not a community owner? Yes. You may appoint anyone you trust to represent you in the meeting. It is not mandatory to assign the proxy to another community owner.
- 2.** What documents are required for someone to vote on behalf of an owner? The law specifies that a simple

written document signed by the owner suffices. However, this is not the only acceptable form of proof. Communities may also accept other forms of authorisation depending on the circumstances.

- 3.** Is a fax or photocopy of the authorisation valid? Yes. Communities should accept such formats, as the law does not mandate the submission of original documents. Modern communication methods, like email, are now commonplace and should be considered valid. This adaptation reflects the evolving nature of communication in a digital age, ensuring that the process remains accessible and practical.

4. What if the authorisation is an unsigned email? Unsigned emails can also be valid. Administrators can verify the email address against the community database. Additionally, fraudulent representation constitutes a criminal offense, which serves as a deterrent against misuse. It is advisable to use a recognisable email address to avoid unnecessary complications.

5. Are WhatsApp messages or text messages acceptable? Yes, for the same reason as emails. These modern communication methods align with today's digital norms.

6. Is there a limit to the number of proxies one person can hold? No. Unlike other associations, community regulations allow one person to represent an unlimited number of owners. This means that someone trusted by multiple owners can vote on behalf of all who authorise them. While this is legally permissible, owners should carefully consider the potential implications of concentrating decision-making power in one individual.

7. Can a debtor represent another owner who is not in arrears? Yes. The legality of the vote depends on the financial status of the owner granting the proxy. If the represented owner is up-to-date on payments, a debtor can lawfully vote on their behalf. This rule ensures that representation focuses on the rights of the represented owner,

not the financial standing of the proxy holder.

8. How are votes calculated when someone holds multiple proxies? Each proxy equates to one vote for the represented owner, provided that owner is not in arrears. It is as if the represented owners were present themselves.

9. Are proxies valid for unanimous consent agreements? Yes. Voting by proxy has the same legal effect as personal attendance, including decisions requiring unanimous consent.

10. Can a single individual holding the majority of proxies control meeting outcomes? Yes. The law permits this, even if it leads to frustration among other attendees. A person holding a majority of proxies can legally make decisions on behalf of the community. While this may seem unfair, it is fully compliant with legal provisions. Owners should therefore exercise caution when assigning their proxies to ensure alignment with community interests. Transparency and trust are key to preventing misuse in such situations.

BEST PRACTICES FOR ASSIGNING PROXIES

When assigning a proxy, it is important to:

- » Choose a representative who understands your perspective and priorities.
- » Clearly communicate your expectations regarding how your

vote should be cast.

- » Ensure the proxy document is properly completed and submitted according to community guidelines.
- » Regularly review community regulations to stay informed about your rights and obligations.

CONCLUSION

Knowing the rules regarding proxies in community meetings is critical to ensuring fair representation and decision-making. It is always advisable to consult a solicitor for specific situations. Understanding your rights and responsibilities can help you better protect your interests and those of your community.



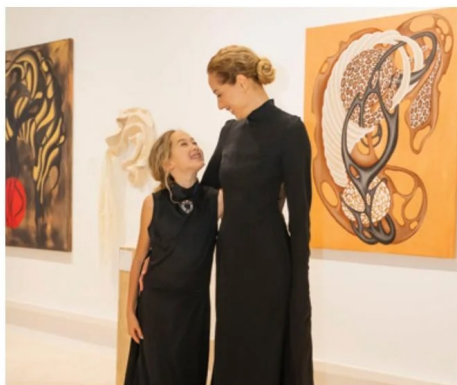
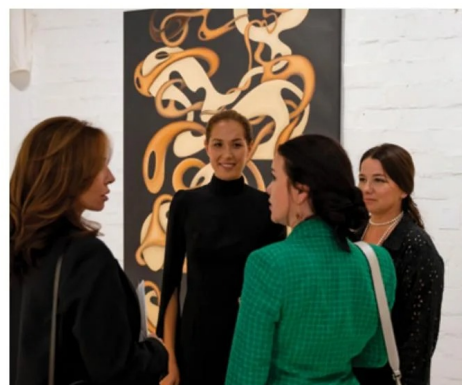
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EMANATION EXHIBITION

The Emanation exhibition, which was held in Marbella, marked the first solo project by artist Katerina Nizamova, who is the founder of WOALA Art Space. The event offered an engaging public programme that included musical renditions, art meditations, and workshops with Katerina Nizamova and other professional artists.

@WOALA_ARTSPACE



PHOTOGRAPHY **KATERINA NIZAMOVA**



**UKRAINE
GALA**

A well-attended Gala in support of Ukraine recently took place at emblematic beachfront restaurant, Tikitano by Besaya. The many invitees enjoyed signature cocktails and fine canapés with live music while marvelling at the exceptional views of the sun setting from the restaurants terraces and actively supporting Ukraine.



PHOTOGRAPHY **KEVIN HORN**



José Carlos García's restaurant in the port of Málaga is a veritable institution in the city – have you been to savour one of his tasting menus yet? Meet Mark Donald, a talented Scottish chef at the helm of the Glenturret Lalique Restaurant. Discover the legacy of Dona Antonia Adelaide Ferreira.

gourmet

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DISCOVERING THE CUISINE OF JOSÉ CARLOS GARCÍA

ANDALUSIAN TRADITION WITH A VANGUARD TWIST

Málaga-born chef, José Carlos García, an undisputed icon of haute cuisine on the Costa del Sol, unveils two tasting menus this season that reflect his passion for local products and zero-kilometer cooking.

Based on the traditional Andalusian recipe book, his culinary art incorporates avant-garde touches, delighting diners with authentic and contemporary flavours.

WORDS AND PHOTOGRAPHY PILAR CANDIL



WINTER 2025 MENUS

For this season, José Carlos García offers two gastronomic experiences: Seasonal and Proximity Products, a menu featuring five appetisers, five main courses, and two desserts, with an optional wine pairing, and José Carlos García 2025: a more elaborate proposal with seven appetisers, seven main courses, and two desserts, accompanied by a superior wine pairing.



Both menus share iconic starters such as the sunflower seed polvorón, anchovy with pipirrana and mango, and chorizo piglet. Among the main courses, standout dishes include crayfish with foie gras and mushrooms, and fish in white sauce. The more extensive menu adds creations like the fritter with caviar and the scarlet prawn with pepper and ponzu sauce. The dessert surprises with dates with lime and basil, as well as a reimagined take on churros.

These menus not only capture the essence of the season but also pay homage to local products. From fresh prawns sourced from Málaga's fish market to the herbaceous notes of basil, each dish reflects the chef's commitment to quality and authenticity. ›



A UNIQUE SETTING IN THE PORT OF MÁLAGA

José Carlos García Restaurante, awarded one Michelin Star and two Repsol Suns, is situated in the Port of Málaga, next to the Chapel of the Virgen del Carmen. Its prime location offers Mediterranean views, with the monumental Alcazaba and the Cathedral as a stunning backdrop.

The restaurant boasts exclusive spaces: the vertical garden room, the intimate cane room, the terrace with sea



views, and the kitchen table, where diners can closely observe the chef and his team at work. This last experience requires a minimum

of four guests and the selection of the 'José Carlos García 2025' menu with wine pairing.

Each area of the restaurant is meticulously designed to provide a complete sensory experience. From the sound of the waves on the terrace to the aroma of fresh herbs in the kitchen, diners are immersed in an atmosphere that perfectly complements the flavours of each dish. ›





‘ANDALUSIAN ROOTS’: A CHEF’S LEGACY

The Málaga-born chef is also celebrating the release of his new book, *Andalusian Roots*, a collection of 62 recipes that challenge the traditional recipe book with technique and boldness. Divided into three sections – appetisers, main courses, and desserts – this volume is a tribute to local products and the chef’s travel influences.

With photographs by Mikel Ponce and under the direction of Javi Antoja de la Rosa, *Andalusian Roots* is a masterpiece published by Montagud Editores. José Carlos García states: “This

book is not meant to preach but to share the work and character I’ve developed over more than 30 years. It’s a testament to my family heritage and a very happy personal and professional moment.”

The book also includes personal anecdotes and reflections on culinary art, offering readers an intimate look at the chef’s philosophy. José Carlos emphasises the importance of conveying his passion for cooking through each recipe, which combines tradition and modernity.

José Carlos García’s passion for Andalusian cuisine, his respect for local products,

and his unmistakable ‘Rock & Roll’ touch come together in an experience that captivates all the senses. His culinary proposal is an invitation to savour Málaga at its finest. Furthermore, with *Andalusian Roots*, the chef not only documents his career but also inspires future generations of chefs to explore and reinterpret Andalusia’s rich gastronomic heritage.

JOSÉ CARLOS GARCÍA RESTAURANTE

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MARK DONALD

OF THE GLENTURRET LALIQUE RESTAURANT IN SCOTLAND

PHOTOGRAPHY COURTESY OF THE GLENTURRET LALIQUE RESTAURANT





Nestled at the foothills of the Scottish Highlands on the banks of the River Turret lies Scotland's oldest working distillery. The Glenturret Distillery has been operational since 1763 and has a fascinating history. More recently, in 2019, the Lalique Group, with a strong culinary identity and warm links to the Scottish whisky community, became the custodians of The Glenturret in a successful partnership with entrepreneur Hansjörg Wyss. The result was the introduction of The Glenturret Lalique Restaurant, which, under the guidance of Scottish Chef

Mark Donald, became, the first Michelin-starred restaurant located in a distillery.

With views overlooking the River Turret, the ancient grounds of the distillery surround the dining room. Mark and his team enjoy the benefits of Scotland's larder on their doorstep and have close ties with artisanal growers, producers, breeders, and fishers, often foraging for ingredients themselves. The menu showcases the very best ingredients from throughout Scotland, the wider UK, and, in some cases, beyond. There is playfulness in the chef's dishes. Still, there is balance, precision, and an innate sense of place in their execution.

The unorthodox career path chosen by Mark was neither traditional nor typical, but then again, neither is his cuisine. His original plan to pursue a career in the arts was successful. With a coveted interview at the renowned Royal Conservatoire of Scotland (RSAMD) in place, he washed dishes in a pub kitchen in Glasgow near his home for extra summer money before commencing his student life. The young teenager was intrigued by the kitchen and quickly moved to a local restaurant before deferring his studies. With his curiosity ignited, Mark found a different path to express his creative voice, which led him to cancel his place at the RSAMD. ›

Practical training in the kitchen became Mark's university. At 19 years of age, he headed to Australia, working in various hotels and restaurants from Cairns to Melbourne. The Aussie love of food, the enjoyment of dining, and the discovery of new and delicious ingredients opened up a new world. He returned to Scotland determined, focused, and committed to improving his craft. At age 20 in 2006, with no formal qualification or culinary education, he secured a position as CDP at Stravaigin in Glasgow, where he was introduced to the enormity of the Scottish larder.

Two years later, determined to improve his technical skills, he moved to two-Michelin-starred Restaurant Andrew Fairlie at the Gleneagles Hotel. There, Mark learned the craft of cooking under the tutelage and direction of Fairlie and his team. Taking a year to diversify his experience while maintaining the connection to location that was so prevalent in his training in Scotland, Mark then worked full-time at Noma Copenhagen with chef René Redzepi, before returning to

Restaurant Andrew Fairlie in 2010, where he stayed for two-and-a-half years.

While London was never a permanent destination for Mark, he was curious about the city's challenging and dynamic restaurant energy. He moved to Hibiscus, chef Claude Bosi's two-Michelin-starred Mayfair restaurant. There, he met Madelaine, his Australian wife, who was also working in the restaurant. After two and a half

years in London, the couple moved to Sydney in 2015. Mark became head chef of Bentley Restaurant for chef Brent Savage, a hugely popular 2 Hat restaurant in Sydney's central business district.

But it was always about Scotland. For Mark, cooking transcends knowledge alone; it is about a connection to his identity and his soul. So in 2018, The couple decided to make Scotland their permanent home, and both gained positions in the landmark Balmoral Hotel in Edinburgh. As the chef of Number One, Mark retained the restaurant's Michelin star from his arrival. ›





Celebrate Valentine's Day at Anantara Villa Padierna Palace

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The year 2020 changed everything for everyone; like many, the Donalds reviewed their life. A need to be more connected, to leave the city behind, and for Mark to finally have the freedom to cook and discover his own style saw them head to the picturesque foothills of the Scottish Highlands. The traditions, values, and vision of The Glenturret Distillery resonated with Mark, as did their motto 'By Hand and Heart, since 1763'. In early 2021, Mark took over the kitchens of The Glenturret Lalique Restaurant. With full support and creative freedom, he had finally found his home.

Mark Donald's cuisine threads together the story of a young boy from Glasgow who set out on a creative journey and took an unexpected detour spanning four continents before

finding his way home. His menu speaks of his never-ending curiosity, love of exceptional produce, personality, and innate humour, all unified and supported by award-winning technical expertise. There is a sense of place in his menu and a heartfelt welcome. In March 2022, only seven months after their opening, Mark and his

team at The Glenturret Lalique Restaurant were awarded a Michelin Star. In February 2024, the restaurant was awarded a coveted second Michelin star. The Glenturret Lalique Restaurant is now one of only two restaurants in Scotland to hold this honour and the first to be awarded two stars in Scotland in eighteen years. 

WWW.THEGLENTURRETRESTAURANT.COM





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COMPILED BY **MARISA CUTILLAS**

A ROMANTIC VALENTINE'S DATE AT BOHO CLUB

If romance is on your mind, Boho Club has something exciting lined up for you and your loved one this Valentine's. Chef Diego del Río has created a special dinner entitled *Le Saveurs de l'Amour*, comprising dishes made with tradition, creativity, and passion. After a welcome cocktail or glass of Champagne, enjoy a meal comprising various starters, two main dishes, and tarte tatin for dessert. The evening will also feature live music. Boho Club's spa, Ashiana, is another ideal place to create memories with your loved one. Enjoy a treatment for two that combines personalised therapies and ancestral techniques, blended with cutting-edge innovations.

| WWW.BOHOCUB.COM



A CUATRO MANOS: A MICHELIN- STARRED EXPERIENCE AT THE HIGUERÓN RESORT

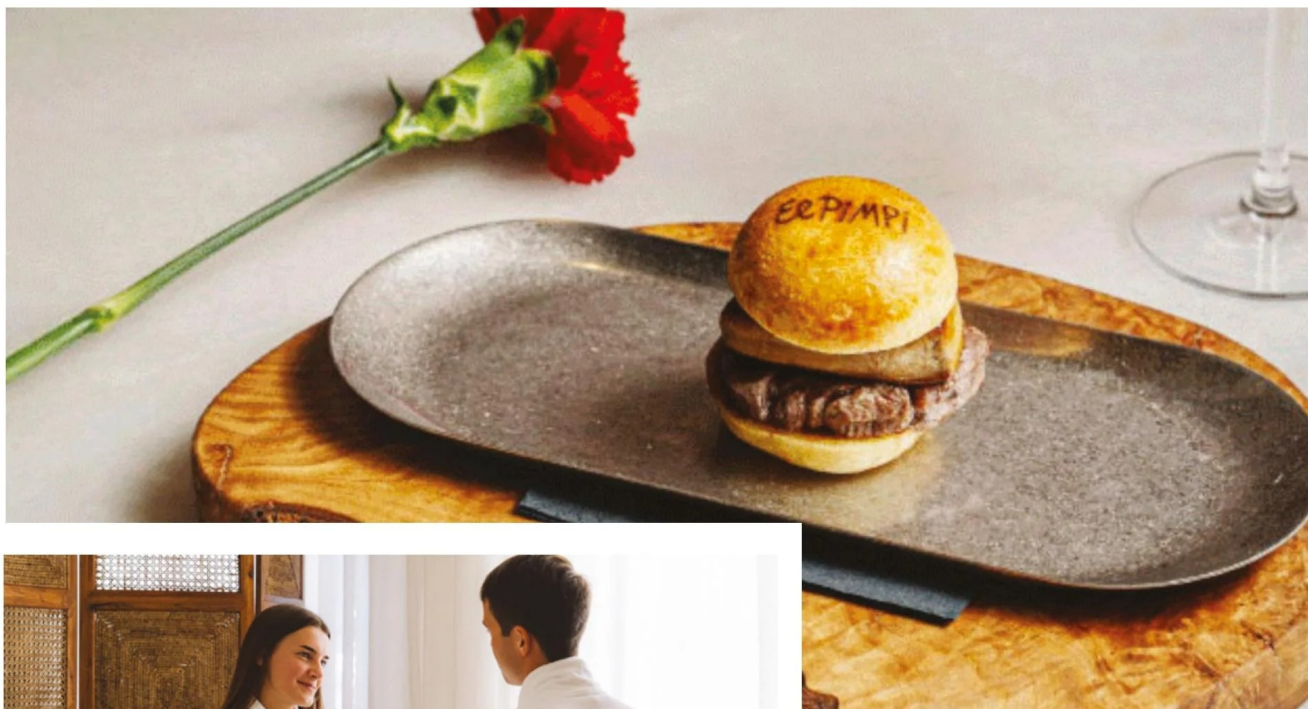
Arara Bistro Bar at the Higueraón Resort presents the new edition of *A Cuatro Manos* – a culinary event that seeks to transform haute cuisine, making it more accessible. Diego Gallegos of Michelin-starred restaurant Sollo will be inviting talented chefs from other restaurants to help prepare a special tasting menu for diners on the last Friday of every month, starting on January 31. Two guests chefs are confirmed thus far: Mauricio Giovanini of Messina (on January 31) and Benito Gómez of Bardal (on March 28).

FOR FURTHER DATES, VISIT
WWW.ARARABISTROBAR.ES/A4MANOS/

MADRID CELEBRATES WORLD CHOCOLATE CAKE DAY

Spain's capital city, Madrid, recently joined cities across the globe to celebrate World Chocolate Cake Day. Some of the city's most famous restaurants delighted diners with their own versions of this iconic dessert. Diners with a sweet tooth gathered at restaurants like Lamucca (which served a chocolate and banana cake with violet ice-cream), Tilda and the Ella Sky Bar (which tempted diners with a chocolate cake served with chocolate syrup, violet ice-cream, and crushed violet caramel), and Papagena (which served a molten chocolate cake). Other participating venues included Galería Canalejas Café, Ultramarines del Coso San Joaquín 16, and Ultramarines del Coso Trafalgar 1.





CELEBRATE VALENTINE'S WITH YOUR PARTNER *AT THE ANANTARA VILLA PADIERNA*

For Valentine's Day, the Anantara Villa Padierna resort has designed an exceptional experience – a romantic getaway that includes a stay in one of its luxurious rooms, an exquisite dinner at one of its signature restaurants, and a delicious buffet breakfast. La Veranda impresses with dishes combining Mediterranean tradition with contemporary touches, prepared tableside, while the sophisticated 99 Sushi Bar & Restaurant highlights the flavours of Japanese cuisine. The cherry on top is a treatment for two at the internationally acclaimed Anantara Spa. This ritual includes a 50-minute relaxing massage followed by a 60-minute personalised facial.

FURTHER INFORMATION, WWW.ANANTARA.COM

DISCOVER NEW TAPAS OFFERINGS *AT EL PIMPI MARBELLA*

El Pimpi Marbella, located at the Puente Romano resort, is known for offering quality local cuisine and a unique atmosphere that makes diners feel right at home. This year, the restaurant has revamped its menu with a selection of innovative tapas that blend traditional Andalusian flavours with modern touches and surprising tastes. From the Almadraba Tuna Toast to the Carabinero Shrimp Sandwich with Black Pudding, the new creations are perfect to pair with a fine wine from El Pimpi's exclusive cellar.

TO BOOK A TABLE, VISIT
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THE WIDOW WHO CHANGED THE WORLD OF PORT WINE

Wine is mostly considered a man's domain, but that is not always the case – at least not when it comes to Port. This sweet wine named after the city of Porto is still drunk worldwide and is a timeless classic constantly being renewed. However, the history of Port wine is not as well-known as that of alcoholic beverages. For this reason, we travelled to Porto – or Oporto as the Spanish call it – to visit the Port wine bodegas' home harbour, Vila Nova de Gaia.

WORDS **KARETHE LINAÆ** PHOTOGRAPHY **KARETHE LINAÆ & FERREIRA PORT HOUSE**



Douro River with Rabelo boats



Dona Antonia Adelaide Ferreira.
Photo from Ferreira exhibition



Was the accordion player a common practice, or was he there for the photo op? Photo from Ferreira's historic photo exhibition



Located right across the Douro River, Gaia is easily reached from Porto via a pedestrian bridge or a refreshing five-minute boat ride. In this charming harbour area, you can stroll from one historic Port house to the next and simultaneously admire the felucca-like Rabelo boats that were used to transport wine barrels from the vineyards to the harbour.

Since virtually all the Port wine producers in Gaia offer guided tours that end with wine tastings, it is hard to decide which bodega to visit. But only one of the Port wine houses had a female front figure, so this is the bodega that I wanted to get to know. It is neither the oldest, the most famous, or the biggest, but it is perhaps the one with the most exciting past.



Grape pickers. Photo from Ferreira's historic photo exhibition.

Dona Antonia's 'office'. © Ferreira Port Wine House

PORT WINE, A SHORT HISTORY LESSON

Just as Champagne can only be named such, if it comes from the French Champagne region, only sweet wine produced from grapes from the Douro Valley can be called Port. Traditionally, the wine also had to be stored in the valley, but later it was allowed to age the wine in the bodegas at the Gaia Port. Grapes for winemaking have been cultivated in the rugged terrain of the Douro Valley since Roman times. It is the world's oldest demarcated and regulated wine region, established in 1756. The wine-growing area with its special microclimate is a UNESCO World Heritage Site and has Portugal's highest legally protected Designation of Origin – Denominação de Origem Controlada (DOC).

Port wine is an essential part of Portugal's economy. Even today it accounts for approximately 1/5 of the country's exports. The English wine merchant Croft (Anno 1588) claims to be the world's oldest Port Wine House. Although the history is somewhat unclear, it is documented that Croft at least arranged the first recorded export of Douro wine from Portugal to England in the late 17th Century. According to other sources, the first Port wine house (that still exists in Gaia) is Kopke, founded in 1638 by

Nicolau Kopke and his son who came to Porto as representatives for the Hanseatic League. On the other hand, written sources confirm that the English-owned Port house Warre's arranged the first registered shipment of Port wine to England in 1678.

Since ordinary wine was easily spoilt during sea voyages, the producers added a splash of pure grape spirits to it. This increased the shelf life and gave the wine 'sea legs'. From the second half of the 18th Century, the British had the greatest influence over the history of Port wine, especially after Portugal and England signed a trade agreement in 1703 where they traded Portuguese wine for British textiles. The success was so overwhelming that it is said that the English imported a whopping 44 million litres of Port in 1799 – at the time equivalent to approximately five litres per capita per year!

The oldest Port wine in existence today is a Ferreira Vintage Port from 1815 – from before the Phylloxera pest killed almost all the vines in Europe! A copy of the extremely rare bottle is still available thanks to the forward-thinking widow who became a pioneer of Portugal's Port wine production and wine industry. And this is whom we shall now meet. >

THE WIDOWS TAKE OVER

Most people know the Champagne Veuve Clicquot, which means Widow Clicquot. Mdm. Clicquot (born Barbe-Nicole Ponsardin, 1777-1866) became a widow already at the age of 27 and had to take over her husband's businesses, including Champagne production. The clever businesswoman invented new production methods, created the first pink Champagne and played a significant role in developing Champagne into a global product. However, while La Grande Dame de Champagne became world famous, (if not the widow, at least the bottle with the recognisable yellow label...) other widows who influenced the world of wine have received far less attention.

Dona Antonia Adelaide Ferreira (1811- 1896) became a widow at 33 and inherited the family business Ferreira Port House and the Quinta do Vallado vineyards. As the fourth generation of the family and the first woman, she took over the company and made it into one of Portugal's most important and successful Port wine houses. But the widow, who at the time was the country's wealthiest woman, didn't just limit herself to managing the family fortune. She invested in her beloved Douro region and became a respected producer in a male-dominated world. Dona Antonia combined tradition with innovation and introduced, among other things, a new bottling system. She insisted that wine quality was most

important for a company's reputation, further strengthening her name in the wine world.

Dona Antonia was a symbol of entrepreneurship, viticulture, and altruism. "Everyone should do all they can for the good of humanity" stated the woman who championed worker's rights and contributed to the construction of hospitals and other social institutions. When Phylloxera destroyed the livelihoods of thousands of people in the Douro Valley in the 1870s, the visionary businesswoman went to England to learn modern scientific techniques to combat the pest. Equipped with the new knowledge, she planted American grapes as rootstock and gave the local populations work. Her cultivation methods



Dona Antonia's iconic widow dress.
© Ferreira Port House

spread throughout the region. Even today, the grapes from several Douro Valle vineyards originate from Ferreira's vines.

When Dona Antonia died in 1896, nearly 85 years old, she left behind not only a considerable fortune, dozens of wine estates, and thousands of barrels of vintage Port wine, but also a humanitarian legacy that has made the widow and her Port wine house recognised far beyond her native country.

And while we're on the subject of wine widows, one shouldn't forget the wine widow Hannah Weinberger, who took over her husband's vineyard in the Napa Valley in 1882 after he was shot dead by a disgruntled employee who made flirtatious moves on their daughter. Ms. Weinberger became California's first female winemaker, and just like the other wine widows, she paved the road for other women in the wine industry.

VISITING THE FERREIRA PORT WINE HOUSE

Ferreira's bodega is located a little beyond the other bodegas on the banks of the Douro River. The Port wine house was started by the Ferreira family from Régua in the Douro-Valley in 1751 and maintains the traditions and knowledge passed down through generations for over 270 years. Ferreira is also the only Port wine house that still is and always has been in Portuguese hands. Today's owners, Sogrape Vinho S.A, a Portuguese family business, have preserved the Porto Ferreira brand and the original Quinta do Porto vineyards. The bodega's quality wine is still grown on these Douro estates, but since



Entrance to the vineyard.
Photo from Ferreira's
historic photo exhibition

The Ferreira
Port Wine
House by the
harbour



1825, all their Port wine has been aged in the bodegas in Vila Nova de Gaia.

Our young guide who speaks excellent English, meets us at the main entrance of the huge early 18th Century bodega. The tour starts in a converted office honouring Dona Antonia and exhibits her letters, contracts, stamps, and a replica of her distinctive black widow's dress. The next

stop is an enormous oak barrel holding over 70.000 litres, where their Ruby Port is stored. These barrels are cleaned with boiling water by someone climbing into the barrel and scrubbing the wood. Ferreira still has barrel makers, and we are told that these enormous wads can last 40-50 years before they get recycled, while a traditional oak barrel can last around a century. ›

The Port wine was packed in straw. From Ferreira's historical exhibition



As we continue our tour in the bodega's fragrant halls, we learn about the peculiarities of the art of Port-making. More than 80 grape varieties can reportedly be used to produce Port wine, and the most important varieties used in traditional red Port are Touriga Nacional, Tinta Roriz, Tinta Cão, Tinta Barocca, and Touriga Franca. The latter is the easiest to grow and therefore the most common, while Touriga Nacional is the 'moodiest' which hence makes the most sought-after Port wine.





Was the accordion player a common practice, or was he there for the photo op? Photo from Ferreira's historic photo exhibition

THE AROMA OF WILD ROSES AND TOBACCO

At the end of the tour, we sit down to taste a selection of Ferreira's Port wines, starting with the lighter white and rose Ports, before moving on to the amber and ruby red varieties. With its unique character and complexity, Port wine offers a rare experience for wine connoisseurs. Just listen to how Ferreira describes one of their Port wines.

'Ferreira Vintage Vinhas Velhas 2016 has a dark, almost impenetrable red colour and an aroma of excellent complexity and intensity. It has balsamic notes of resin and tobacco, floral tones of rockrose, and spicy notes such as black pepper and clove. It has further hints of menthol, mineral nuances, and a little cocoa: the result of an excellent maturation.

On the palate, the wine is dense with a vibrant acidity conferring excellent balance. It has firm and robust tannins of great quality and additional notes of green tea, rockrose, and basil. Its finish is extremely long, elegant, and complex'.

With the tragic wine pest in mind, Dona Antonia kept some of the harvests and stored an emergency stock at Quinta do Vallado. When her grandchildren took over the Port wine house in 1986, 90 years after her passing, they discovered large quantities of Port wine in the wine cellars. This included rare vintages from 1815, 1820, 1834, and 1847, which no other Port house had available. Thanks to Dona Antonia's visions of the future, we can enjoy the fruits of her hard labour even today! 

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